



Fresh Corn Awendaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 8 servings ears of corn fresh
- ☐ 3 large eggs lightly beaten
- ☐ 1.5 cups regular grits uncooked
- ☐ 1.5 cups milk
- ☐ 2 teaspoons salt divided
- ☐ 0.8 cup cornmeal plain white

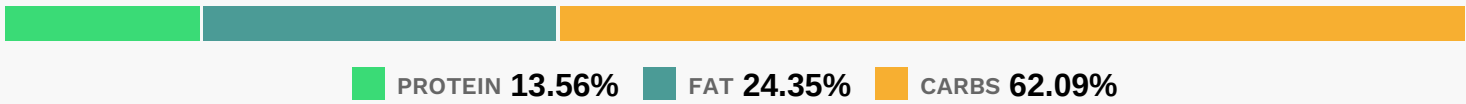
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cut kernels from fresh ears of corn to equal 2 cups, and place in a bowl. Using the dull side of a knife blade, scrape milk and remaining pulp from cobs into bowl.
- ☐ Preheat oven to 37
- ☐ Bring 1 tsp. salt and 6 cups water to a boil in a large saucepan over medium-high heat. Gradually whisk in grits, and return to a boil. Reduce heat to medium-low, and cook, whisking often, 15 minutes or until thickened.
- ☐ Remove grits from heat, and whisk in butter.
- ☐ Whisk about one-fourth of hot grits mixture into eggs; whisk egg mixture into remaining hot grits mixture. Gradually whisk in milk.
- ☐ Whisk in cornmeal and remaining 1 tsp. salt. Stir in corn kernels.
- ☐ Pour grits mixture into a lightly greased 2 1/2-qt. baking dish.
- ☐ Bake at 375 for 1 hour to 1 hour and 10 minutes or until golden brown and set.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:6.6491304720226%

Nutrients (% of daily need)

Calories: 241.79kcal (12.09%), Fat: 6.49g (9.99%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 35.2g (12.8%), Sugar: 2.74g (3.04%), Cholesterol: 80.88mg (26.96%), Sodium: 643.3mg (27.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.26%), Selenium: 11.63µg (16.62%), Phosphorus: 147.94mg (14.79%), Vitamin B2: 0.18mg (10.73%), Vitamin B5: 0.98mg (9.81%), Vitamin B6: 0.19mg

(9.53%), Magnesium: 34.71mg (8.68%), Fiber: 2.04g (8.15%), Vitamin B1: 0.12mg (7.94%), Calcium: 70.01mg (7%), Vitamin B12: 0.42µg (6.97%), Zinc: 1.04mg (6.94%), Manganese: 0.14mg (6.88%), Iron: 1.2mg (6.65%), Vitamin A: 305.43IU (6.11%), Vitamin D: 0.88µg (5.86%), Potassium: 204.06mg (5.83%), Vitamin B3: 0.85mg (4.25%), Folate: 15.54µg (3.89%), Copper: 0.07mg (3.48%), Vitamin E: 0.34mg (2.24%)