

# Fried Sausage Grits

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



8

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 pound sausage meat
- 8 servings cornmeal
- 8 servings cooking oil for frying
- 1 small onion finely chopped
- 1 cup quick-cooking grits
- 1 teaspoon salt
- 4 cups water

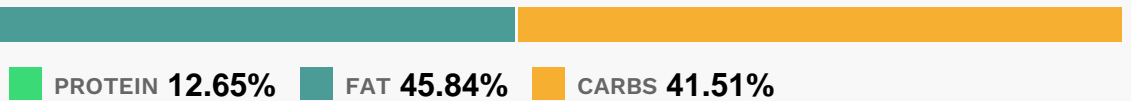
## Equipment

- frying pan
- sauce pan
- loaf pan

## Directions

- In a saucepan, bring water and salt to a boil; slowly add grits, stirring constantly. Reduce heat to medium-low; cover and cook for 5–7 minutes or until very thick; set aside.
- In a skillet, cook and crumble sausage until browned; drain.
- Add sausage and onion to grits; mix well. Spoon into a greased 8-in. x 4-in. loaf pan. Chill overnight.
- Remove from pan; cut into 1/2-in. slices.
- Roll slices in cornmeal. In a large skillet, fry in oil until golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:15.44, Glycemic Load:4.53, Inflammation Score:-3, Nutrition Score:5.3782608223998%

## Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

## Nutrients (% of daily need)

Calories: 217.03kcal (10.85%), Fat: 11.17g (17.18%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 20.78g (7.55%), Sugar: 0.71g (0.79%), Cholesterol: 20.41mg (6.8%), Sodium: 478.02mg (20.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.87%), Vitamin B1: 0.22mg (14.62%), Vitamin B3: 2.48mg (12.4%), Vitamin B6: 0.21mg (10.31%), Phosphorus: 94.02mg (9.4%), Folate: 33.84µg (8.46%), Fiber: 1.98g (7.91%), Zinc: 1.12mg (7.49%), Iron: 1.29mg (7.14%), Magnesium: 25.8mg (6.45%), Vitamin B2: 0.11mg (6.31%), Manganese: 0.12mg (5.91%), Copper: 0.09mg (4.29%), Potassium: 142.35mg (4.07%), Vitamin B12: 0.24µg (4.02%), Vitamin E: 0.58mg (3.88%), Vitamin B5: 0.32mg (3.18%), Vitamin D: 0.37µg (2.46%), Vitamin K: 2.16µg (2.06%), Vitamin C: 0.85mg (1.03%)