



## Garlic-and-Herb Awendaw

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



302 kcal

SIDE DISH

### Ingredients

- 1 teaspoon pepper black freshly ground
- 1.5 tablespoons butter
- 3 large eggs lightly beaten
- 0.3 cup basil fresh finely chopped
- 0.3 cup chives fresh finely chopped
- 0.3 cup flat-leaf parsley fresh finely chopped
- 2 tablespoons tarragon fresh chopped
- 3 garlic cloves pressed

- 1.5 cups regular grits uncooked
- 1.5 cups milk
- 1 cup parmesan cheese freshly grated
- 1.5 teaspoons salt divided
- 0.8 cup cornmeal plain white

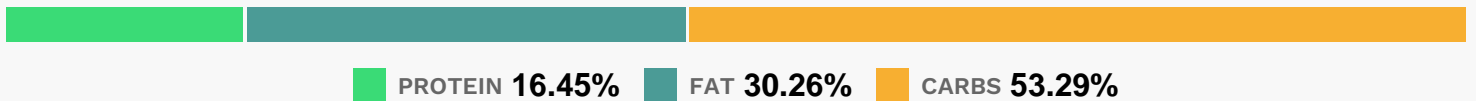
## Equipment

- sauce pan
- oven
- whisk
- baking pan

## Directions

- 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 1/2 tsp. salt. Stir in Parmesan cheese, parsley, basil, chives, tarragon, garlic, and black pepper.
- 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:45.88, Glycemic Load:1.51, Inflammation Score:-6, Nutrition Score:12.019999991293%

## Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 302.24kcal (15.11%), Fat: 10.15g (15.61%), Saturated Fat: 4.94g (30.87%), Carbohydrates: 40.21g (13.4%), Net Carbohydrates: 37.87g (13.77%), Sugar: 2.74g (3.04%), Cholesterol: 91.76mg (30.59%), Sodium: 719mg (31.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.83%), Vitamin K: 37.69µg (35.9%), Phosphorus: 236.13mg (23.61%), Selenium: 16.26µg (23.24%), Calcium: 208.54mg (20.85%), Manganese: 0.35mg (17.63%), Vitamin B2: 0.25mg (14.94%), Vitamin A: 738.58IU (14.77%), Vitamin B6: 0.26mg (13.07%), Magnesium: 47.43mg (11.86%), Zinc: 1.69mg (11.3%), Iron: 2.01mg (11.19%), Vitamin B5: 1.04mg (10.38%), Vitamin B12: 0.59µg (9.79%), Fiber: 2.34g (9.36%), Vitamin B1: 0.13mg (8.71%), Potassium: 301.31mg (8.61%), Folate: 25.42µg (6.35%), Vitamin D: 0.94µg (6.27%), Vitamin C: 4.58mg (5.55%), Vitamin B3: 1.05mg (5.24%), Copper: 0.1mg (5%), Vitamin E: 0.43mg (2.84%)