



Garlic-Cheese Grits

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup butter
- ☐ 3 large eggs separated
- ☐ 2 cups regular grits uncooked
- ☐ 0.3 teaspoon ground pepper red
- ☐ 6 ounce roll garlic cheese
- ☐ 2 teaspoons salt
- ☐ 7 cups water

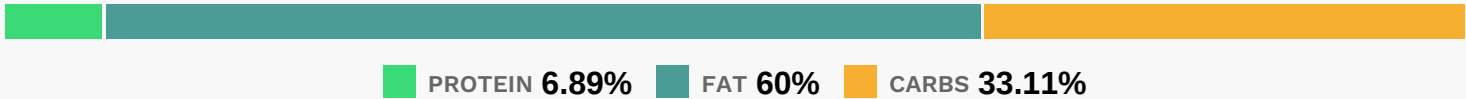
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Bring 7 cups water to a boil in a large saucepan; gradually stir in grits. Cover, reduce heat, and simmer, stirring occasionally, 10 minutes.
- ☐ Remove from heat; let stand 15 minutes. Stir in egg yolks, cheese, and next 3 ingredients until smooth.
- ☐ Beat egg whites at high speed with an electric mixture until stiff peaks form. Fold into grits mixture. Spoon into a lightly greased 3-quart baking dish.
- ☐ Bake at 275 for 1 hour or until set.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:3.0700000145513%

Nutrients (% of daily need)

Calories: 265.78kcal (13.29%), Fat: 17.86g (27.48%), Saturated Fat: 5.58g (34.85%), Carbohydrates: 22.17g (7.39%), Net Carbohydrates: 21.74g (7.91%), Sugar: 0.22g (0.24%), Cholesterol: 61.91mg (20.64%), Sodium: 623.33mg (27.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin A: 647.96IU (12.96%), Selenium: 8.26µg (11.8%), Phosphorus: 47.12mg (4.71%), Vitamin B2: 0.07mg (4.3%), Vitamin E: 0.58mg (3.89%), Vitamin B5: 0.33mg (3.3%), Vitamin B6: 0.06mg (3.09%), Iron: 0.49mg (2.7%), Vitamin B1: 0.04mg (2.69%), Magnesium: 10.4mg (2.6%), Copper: 0.05mg (2.55%), Vitamin B12: 0.13µg (2.09%), Zinc: 0.28mg (1.89%), Folate: 7.36µg (1.84%), Fiber: 0.43g (1.71%), Potassium: 59.75mg (1.71%), Vitamin D: 0.25µg (1.67%), Vitamin B3: 0.33mg (1.64%), Manganese: 0.03mg (1.64%), Calcium: 16.22mg (1.62%)