



Garlic-Cheese Grits Soufflé

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



341 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon cream of tartar
- ☐ 0.3 teaspoon mustard dry
- ☐ 4 large eggs separated
- ☐ 2 garlic cloves minced
- ☐ 1 cup regular grits uncooked
- ☐ 0.3 teaspoon ground turmeric
- ☐ 0.1 teaspoon hot sauce

- ☐ 6 servings paprika
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 8 ounces sharp cheddar cheese shredded
- ☐ 4 cups water

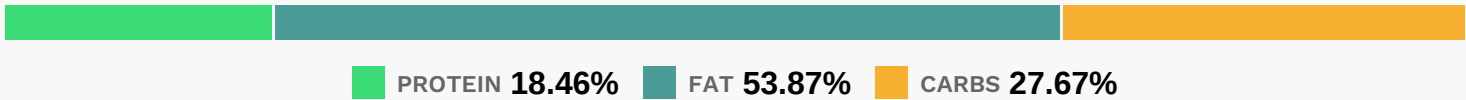
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Melt butter in a medium saucepan over medium heat; add garlic, and saut until tender. Stir in 4 cups water and next 4 ingredients; bring to a boil. Gradually stir in grits. Reduce heat, and simmer, stirring occasionally, 15 to 20 minutes or until thickened.
- ☐ Remove from heat; stir in egg yolks, cheese, and hot sauce.
- ☐ Beat egg whites and cream of tartar at high speed with a mixer until stiff peaks form. Fold one-fourth of egg whites into grits. Fold grits into remaining egg whites.
- ☐ Pour into a greased and floured 2-quart souffl dish; sprinkle with paprika.
- ☐ Bake at 400 for 45 minutes or until puffed and lightly browned.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.42, Inflammation Score:-9, Nutrition Score:11.366086990937%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 340.5kcal (17.02%), Fat: 20.4g (31.38%), Saturated Fat: 9.17g (57.32%), Carbohydrates: 23.57g (7.86%), Net Carbohydrates: 22.37g (8.13%), Sugar: 0.64g (0.71%), Cholesterol: 161.8mg (53.93%), Sodium: 641.25mg (27.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.73g (31.46%), Selenium: 25.8µg (36.86%), Vitamin A: 1767.56IU (35.35%), Calcium: 300.26mg (30.03%), Phosphorus: 268.18mg (26.82%), Vitamin B2: 0.36mg (21.04%), Zinc: 2.05mg (13.67%), Vitamin B12: 0.7µg (11.7%), Vitamin E: 1.37mg (9.13%), Vitamin B6: 0.18mg (8.95%), Vitamin B5: 0.86mg (8.56%), Iron: 1.41mg (7.83%), Magnesium: 27.52mg (6.88%), Folate: 26.16µg (6.54%), Manganese: 0.12mg (6%), Vitamin D: 0.89µg (5.96%), Potassium: 188.03mg (5.37%), Copper: 0.1mg (5.11%), Fiber: 1.21g (4.82%), Vitamin B1: 0.07mg (4.54%), Vitamin B3: 0.58mg (2.88%), Vitamin K: 3µg (2.86%)