



WHATSheATE



Gouda Grits Casserole

 Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



309 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1.5 teaspoons salt
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 2 cups gouda cheese shredded
- ☐ 10 eggs
- ☐ 5 slices bacon
- ☐ 1 cup onion sweet chopped
- ☐ 0.3 teaspoon pepper

- ☐ 9 oz spinach frozen thawed chopped
- ☐ 2.3 cups frangelico

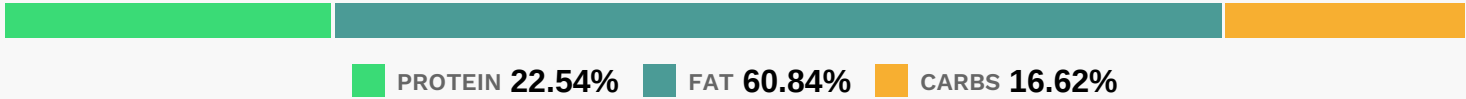
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 2-quart saucepan, heat 2 1/2 cups water, 1 1/2 cups of the half-and-half, the butter and salt to boiling. Gradually stir in grits. Reduce heat to low. Cover; simmer 5 to 7 minutes, stirring occasionally.
- ☐ Remove from heat. Stir in 3/4 cup of the cheese until melted. Cool 15 minutes.
- ☐ Stir 2 of the eggs into grits mixture.
- ☐ Pour into baking dish.
- ☐ Bake 20 minutes.
- ☐ Meanwhile, in 10-inch skillet, cook bacon until crisp; drain on paper towels. Crumble bacon; set aside. Cook onion in bacon drippings over medium heat, stirring occasionally, until tender. In large bowl, beat remaining 8 eggs, the pepper and remaining 3/4 cup half-and-half with whisk; stir in remaining 1 1/4 cups cheese, the bacon, onion and spinach.
- ☐ Pour over crust.
- ☐ Bake 25 to 30 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:0.24, Inflammation Score:-9, Nutrition Score:17.594782559768%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 309.46kcal (15.47%), Fat: 21.07g (32.41%), Saturated Fat: 11.15g (69.67%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 11.61g (4.22%), Sugar: 1.94g (2.16%), Cholesterol: 194.93mg (64.98%), Sodium: 765.94mg (33.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.56g (35.12%), Vitamin K: 80.47µg (76.63%), Vitamin A: 3004.42IU (60.09%), Phosphorus: 336.49mg (33.65%), Calcium: 328.8mg (32.88%), Selenium: 20.2µg (28.85%), Vitamin B2: 0.4mg (23.47%), Folate: 78.52µg (19.63%), Vitamin B12: 0.99µg (16.42%), Zinc: 2.37mg (15.82%), Manganese: 0.21mg (10.43%), Vitamin B6: 0.21mg (10.28%), Magnesium: 40.27mg (10.07%), Vitamin B1: 0.15mg (9.93%), Iron: 1.65mg (9.18%), Vitamin B5: 0.82mg (8.23%), Vitamin E: 1.22mg (8.13%), Vitamin D: 0.97µg (6.45%), Potassium: 225.36mg (6.44%), Vitamin B3: 1.14mg (5.71%), Fiber: 1.34g (5.36%), Copper: 0.1mg (4.84%), Vitamin C: 1.81mg (2.19%)