



Grilled Andouille Grits

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



391 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 14.5 ounce chicken broth canned
- ☐ 0.8 cup half-and-half
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup spicy sausage smoked chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 large vidalia onion chopped

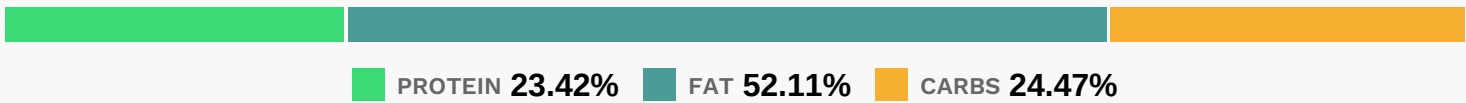
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Saut onion and sausage in hot oil in a 3-quart saucepan over medium-high heat until tender.
- ☐ Add chicken broth and half-and-half; bring to a boil. Gradually stir in grits and salt. Cover, reduce heat, and simmer, stirring occasionally, 10 minutes or until thickened.
- ☐ Pour grits onto a lightly greased baking sheet into a 10 1/2-inch circle (should be about 1/3-inch thick); cover and chill 8 hours.
- ☐ Invert grits circle onto a flat surface; cut into 8 wedges.
- ☐ Brush top and bottom of each wedge with melted butter.
- ☐ Grill, uncovered, over medium heat (about 300 to 350 degrees F)
- ☐ to 4 minutes on each side.
- ☐ Remove and keep warm.
- ☐ Note: Grits may be broiled, if desired. Prepare as directed, and arrange buttered wedges on baking sheet. Broil 6 inches from heat 2 minutes on each side or until golden.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:9.7995653307956%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 390.86kcal (19.54%), Fat: 22.66g (34.85%), Saturated Fat: 6.93g (43.31%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 22.51g (8.18%), Sugar: 2.88g (3.2%), Cholesterol: 58.16mg (19.39%), Sodium: 748.17mg (32.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.91g (45.82%), Selenium: 16.17µg (23.1%), Phosphorus: 203.09mg (20.31%), Vitamin B3: 3.51mg (17.53%), Vitamin B12: 1.03µg (17.17%), Zinc: 2.49mg (16.6%), Vitamin B2: 0.25mg (14.57%), Vitamin B1: 0.21mg (14.18%), Vitamin B6: 0.28mg (14%), Folate: 47.41µg (11.85%), Iron: 2.04mg (11.31%), Vitamin K: 10.39µg (9.89%), Magnesium: 33.01mg (8.25%), Vitamin A: 395.55IU (7.91%), Potassium: 251.03mg (7.17%), Fiber: 1.43g (5.73%), Vitamin E: 0.82mg (5.44%), Calcium: 51.29mg (5.13%), Copper: 0.09mg (4.55%), Manganese: 0.08mg (4.15%), Vitamin B5: 0.28mg (2.77%), Vitamin C: 1.61mg (1.95%), Vitamin D: 0.27µg (1.83%)