



## Grits-and-Greens Breakfast Bake



Vegetarian



Gluten Free

READY IN



127 min.

SERVINGS



8

CALORIES



306 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 3 cups simple collard greens drained
- ☐ 10 large eggs divided separated (not )
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup half-and-half
- ☐ 1.5 cups quick-cooking grits uncooked
- ☐ 1 teaspoon salt

☐ 4 oz cheddar cheese shredded white

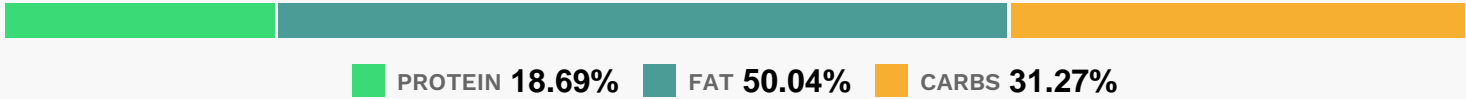
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 37
- ☐ Bring salt and 4 cups water to a boil in a large saucepan over medium-high heat; gradually whisk in grits. Reduce heat to medium, and cook, whisking often, 5 to 7 minutes or until thickened.
- ☐ Remove from heat, and stir in cheese and butter.
- ☐ Whisk together half-and-half, next 2 ingredients, and 2 eggs in a medium bowl. Stir half-and-half mixture into grits mixture. Stir in Simple Collard Greens.
- ☐ Pour mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 375 for 25 to 30 minutes or until set.
- ☐ Remove from oven.
- ☐ Make 8 indentations in grits mixture with back of a large spoon. Break remaining 8 eggs, 1 at a time, and slip 1 egg into each indentation.
- ☐ Bake 12 to 14 minutes or until eggs are cooked to desired degree of doneness. Cover loosely with aluminum foil, and let stand 10 minutes.
- ☐ Serve with hot sauce, if desired.

## Nutrition Facts



## Properties

Glycemic Index:17.63, Glycemic Load:0.11, Inflammation Score:-7, Nutrition Score:15.301738987798%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 305.63kcal (15.28%), Fat: 17.23g (26.51%), Saturated Fat: 8.52g (53.26%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 22.32g (8.12%), Sugar: 1.25g (1.39%), Cholesterol: 263.26mg (87.75%), Sodium: 518mg (22.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.48g (28.97%), Vitamin K: 60.24µg (57.37%), Selenium: 23.92µg (34.17%), Vitamin B2: 0.49mg (28.77%), Vitamin A: 1368.18IU (27.36%), Phosphorus: 254.02mg (25.4%), Folate: 93.19µg (23.3%), Calcium: 185.64mg (18.56%), Vitamin B1: 0.2mg (13.49%), Vitamin B12: 0.74µg (12.4%), Iron: 2.18mg (12.1%), Vitamin B5: 1.19mg (11.89%), Zinc: 1.68mg (11.18%), Vitamin B6: 0.22mg (11.13%), Manganese: 0.18mg (8.95%), Vitamin D: 1.34µg (8.9%), Vitamin E: 1.25mg (8.31%), Fiber: 1.9g (7.62%), Magnesium: 30.4mg (7.6%), Vitamin B3: 1.51mg (7.57%), Vitamin C: 4.95mg (6%), Potassium: 189.81mg (5.42%), Copper: 0.09mg (4.45%)