



Grits and Sausage Casserole

READY IN



50 min.

SERVINGS



6

CALORIES



288 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups percent milk
- ☐ 2 cups bell pepper strips red
- ☐ 0.1 teaspoon pepper black
- ☐ 3 egg whites room temperature
- ☐ 3 tablespoons parsley leaves fresh minced
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 Dash ground pepper red
- ☐ 0.8 cup quick-cooking grits
- ☐ 0.3 teaspoon salt

- ☐ 3 ounces sharp cheddar shredded reduced-fat
- ☐ 0.5 pound turkey breakfast sausage
- ☐ 1.5 cups water

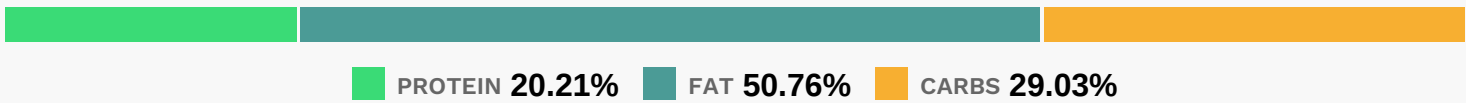
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Cook sausage in a non-stick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Drain and set aside.
- ☐ Combine milk and water in a saucepan; bring to a boil over medium-high heat. Stir in grits; cover, reduce heat and simmer 7 minutes or until thickened, stirring frequently.
- ☐ Combine grits mixture, sausage, cheese, parsley, salt, garlic, and peppers in a large bowl; set aside.
- ☐ Beat egg whites at high speed of a mixer until stiff peaks form. Gently stir 1/4 of the egg whites into grits mixture; gently fold in remaining egg whites. Spoon mixture into a 1 1/2-quart casserole coated with cooking spray.
- ☐ Bake for 25 minutes or until set and lightly browned.
- ☐ Coat a medium nonstick skillet with cooking spray and place over medium-high heat until hot.
- ☐ Add bell pepper, and saute 4 minutes or until tender; serve warm with grits.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:16.783043457114%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 288.44kcal (14.42%), Fat: 16.46g (25.33%), Saturated Fat: 6.87g (42.93%), Carbohydrates: 21.18g (7.06%), Net Carbohydrates: 19.16g (6.97%), Sugar: 5.43g (6.04%), Cholesterol: 46.11mg (15.37%), Sodium: 489.15mg (21.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.49%), Vitamin C: 66.63mg (80.76%), Vitamin A: 1961.27IU (39.23%), Vitamin K: 35.93µg (34.21%), Vitamin B2: 0.39mg (22.9%), Phosphorus: 217.9mg (21.79%), Calcium: 184.59mg (18.46%), Vitamin B1: 0.27mg (17.88%), Vitamin B6: 0.35mg (17.37%), Vitamin B3: 3.26mg (16.3%), Folate: 61.36µg (15.34%), Vitamin B12: 0.8µg (13.3%), Zinc: 1.95mg (13.03%), Selenium: 8.57µg (12.25%), Potassium: 356.99mg (10.2%), Magnesium: 34.07mg (8.52%), Iron: 1.47mg (8.16%), Fiber: 2.02g (8.09%), Vitamin B5: 0.77mg (7.75%), Vitamin E: 1mg (6.68%), Manganese: 0.12mg (5.99%), Copper: 0.08mg (3.96%), Vitamin D: 0.58µg (3.84%)