



Grits-and-Sausage Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups bell pepper red
- ☐ 0.1 teaspoon pepper black
- ☐ 3 egg whites
- ☐ 3 tablespoons parsley fresh minced
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 Dash ground pepper red
- ☐ 1.5 cups milk 1% low-fat
- ☐ 0.8 cup quick-cooking grits

- ☐ 0.3 teaspoon salt
- ☐ 3 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 0.5 pound diestel breakfast sausage
- ☐ 1.5 cups water

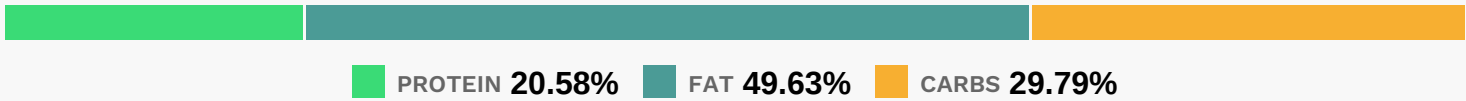
Equipment

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

Directions

- ☐ Cook sausage in a nonstick 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 thick, 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 one-fourth of 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 at 375 for 25 minutes or until set and lightly browned.
- ☐ Place a medium nonstick skillet over medium-high heat until hot.
- ☐ Add bell pepper, and saut 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:17.035652430161%

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: 284.31kcal (14.22%), Fat: 15.86g (24.39%), Saturated Fat: 6.46g (40.39%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 19.39g (7.05%), Sugar: 5.37g (5.97%), Cholesterol: 44.34mg (14.78%), Sodium: 484.43mg (21.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.79g (29.58%), Vitamin C: 66.51mg (80.62%), Vitamin A: 2016.73IU (40.33%), Vitamin K: 35.87µg (34.16%), Phosphorus: 224.39mg (22.44%), Vitamin B2: 0.36mg (21.34%), Calcium: 188.13mg (18.81%), Vitamin B1: 0.28mg (18.58%), Vitamin B6: 0.36mg (18.02%), Vitamin B3: 3.27mg (16.36%), Folate: 59.59µg (14.9%), Vitamin B12: 0.84µg (14.08%), Zinc: 1.93mg (12.83%), Selenium: 8.34µg (11.91%), Potassium: 368.2mg (10.52%), Magnesium: 34.66mg (8.67%), Vitamin D: 1.23µg (8.17%), Iron: 1.46mg (8.09%), Fiber: 2.02g (8.09%), Vitamin B5: 0.78mg (7.78%), Vitamin E: 1mg (6.64%), Manganese: 0.11mg (5.67%), Copper: 0.08mg (3.81%)