



Grits Casserole with Mushrooms, Prosciutto, and Provolone

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



315 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 teaspoons butter
- 0.3 cup wine dry white
- 2 large egg whites lightly beaten
- 3 large eggs lightly beaten
- 1 tablespoon parsley fresh minced
- 2 garlic clove minced

- 1 teaspoon herbs de provence dried
- 0.8 cup onion chopped
- 6 ounces portabello mushrooms thinly sliced
- 3 ounces pancetta chopped
- 3 ounces provolone cheese shredded divided
- 1 teaspoon salt divided
- 4.5 ounces mushroom caps thinly sliced
- 1.3 cups grits yellow stone-ground
- 5 cups water

Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Bring the water to a boil in a large saucepan; gradually stir in grits. Reduce heat, and simmer 30 minutes or until thick, stirring frequently.
- Remove from heat. Stir in 1/4 cup cheese and 1/2 teaspoon salt. Spoon grits mixture into an 11 x 7-inch baking dish coated with cooking spray.
- Preheat oven to 35
- Melt butter in a large nonstick skillet over medium-high heat.
- Add onion and garlic; saut 3 minutes or until tender.
- Add remaining 1/2 teaspoon salt, mushrooms, herbes de Provence, and pepper; cook 6 minutes or until mushrooms are tender, stirring frequently. Stir in prosciutto and wine; cook 5 minutes or until liquid almost evaporates.
- Remove from heat; cool slightly. Stir in eggs and egg whites.
- Spread mushroom mixture over grits mixture; sprinkle with remaining 1/2 cup cheese.

Bake at 350 for 30 minutes or until cheese melts and grits are thoroughly heated, and let stand 5 minutes before serving.

Sprinkle with parsley.

Nutrition Facts

PROTEIN 18.43% **FAT 39.7%** **CARBS 41.87%**

Properties

Glycemic Index:40.83, Glycemic Load:0.95, Inflammation Score:-5, Nutrition Score:11.417391206907%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 314.67kcal (15.73%), Fat: 13.45g (20.68%), Saturated Fat: 5.82g (36.36%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 30.02g (10.92%), Sugar: 2.67g (2.97%), Cholesterol: 114.82mg (38.27%), Sodium: 663.03mg (28.83%), Alcohol: 1.37g (100%), Alcohol %: 0.46% (100%), Protein: 14.05g (28.1%), Selenium: 27.07µg (38.67%), Phosphorus: 230.91mg (23.09%), Vitamin B2: 0.33mg (19.17%), Vitamin B3: 3.17mg (15.87%), Vitamin B6: 0.29mg (14.4%), Calcium: 143.07mg (14.31%), Vitamin K: 14.65µg (13.95%), Vitamin B5: 1.39mg (13.92%), Copper: 0.21mg (10.63%), Zinc: 1.56mg (10.37%), Potassium: 361.63mg (10.33%), Manganese: 0.2mg (9.9%), Vitamin B12: 0.53µg (8.78%), Vitamin A: 429.21IU (8.58%), Vitamin B1: 0.13mg (8.52%), Iron: 1.43mg (7.96%), Folate: 31.42µg (7.85%), Fiber: 1.89g (7.54%), Magnesium: 29.34mg (7.33%), Vitamin D: 0.8µg (5.32%), Vitamin C: 2.76mg (3.35%), Vitamin E: 0.41mg (2.76%)