



Grits Casserole with Pesto Butter

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter softened
- ☐ 1 Dash cream of tartar
- ☐ 4 large egg whites
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons less-sodium chicken broth fat-free
- ☐ 0.5 cup basil leaves fresh loosely packed
- ☐ 0.3 cup parsley leaves fresh loosely packed

- ☐ 1 large garlic clove minced
- ☐ 4 cups milk 1% low-fat
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 1.3 cups quick-cooking grits uncooked
- ☐ 0.5 teaspoon salt

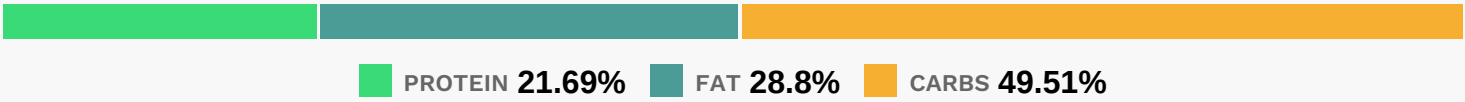
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ To prepare pesto butter, place first 5 ingredients in a food processor; process until finely chopped. Scrape down sides; add butter. Process until well combined. Cover and chill.
- ☐ Preheat oven to 37
- ☐ To prepare casserole, combine milk, 1 cup broth, and salt in a large saucepan; bring to a boil. Gradually add grits, stirring constantly. Reduce heat to medium-low; simmer 5 minutes or until thick, stirring occasionally with a wooden spoon.
- ☐ Remove from heat; add 1/2 cup cheese and pepper, stirring until cheese melts. Cool slightly.
- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until foamy.
- ☐ Add cream of tartar; beat until stiff peaks form. Gently stir one-fourth of egg white mixture into grits mixture; gently fold in remaining egg white mixture. Spoon into a 2-quart souffl dish coated with cooking spray.
- ☐ Bake at 375 for 40 minutes or until casserole has risen and begins to brown.
- ☐ Serve warm with pesto butter.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:10.76086968961%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 200.84kcal (10.04%), Fat: 6.54g (10.06%), Saturated Fat: 3.9g (24.39%), Carbohydrates: 25.31g (8.44%), Net Carbohydrates: 24.07g (8.75%), Sugar: 6.34g (7.05%), Cholesterol: 19.09mg (6.36%), Sodium: 507.72mg (22.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.17%), Vitamin K: 37.69µg (35.9%), Calcium: 258.17mg (25.82%), Phosphorus: 227.34mg (22.73%), Vitamin B2: 0.35mg (20.77%), Vitamin B12: 0.9µg (15.08%), Vitamin B1: 0.21mg (14.05%), Vitamin A: 621.65IU (12.43%), Selenium: 8.46µg (12.09%), Folate: 43.54µg (10.89%), Vitamin D: 1.34µg (8.93%), Potassium: 305.04mg (8.72%), Magnesium: 33.58mg (8.39%), Vitamin B6: 0.16mg (7.76%), Vitamin B3: 1.51mg (7.54%), Zinc: 1mg (6.69%), Iron: 1.13mg (6.27%), Vitamin B5: 0.62mg (6.24%), Manganese: 0.1mg (5.22%), Fiber: 1.24g (4.94%), Vitamin C: 2.88mg (3.49%), Copper: 0.05mg (2.54%), Vitamin E: 0.15mg (1.01%)