



Grits Casserole with White Beans and Rosemary

READY IN



45 min.

SERVINGS



8

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 19 ounce cannellini beans beans white drained canned
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 4 ounce bread white french firm cubed
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 garlic cloves minced

- ☐ 1.5 cups regular grits uncooked
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 2 cups onion red vertically sliced
- ☐ 1.5 teaspoons sea salt divided
- ☐ 3 ounces sun-dried tomatoes packed chopped
- ☐ 7 cups water boiling divided

Equipment

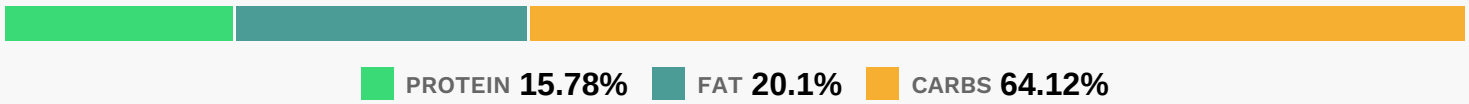
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 cup.
- ☐ Combine breadcrumbs, cheese, and parsley in a small bowl; set aside.
- ☐ Combine 3 cups boiling water and sun-dried tomatoes in a bowl; let stand 10 minutes or until soft.
- ☐ Drain tomatoes over a bowl, reserving 1 cup liquid.
- ☐ Heat oil in a nonstick skillet over medium-high heat.
- ☐ Add onion, rosemary, crushed red pepper, and garlic; saute 3 minutes.
- ☐ Add tomatoes and reserved 1 cup liquid. Bring to a boil; cook 7 minutes or until most of liquid evaporates.
- ☐ Add 1/2 teaspoon salt, black pepper, and beans.
- ☐ Preheat oven to 40

- ☐
- Combine 4 cups boiling water, 1 teaspoon salt, grits, and butter in a large saucepan. Cook 8 minutes over medium heat, stirring constantly.
- ☐
- Pour grits mixture into an 11 x 7-inch baking dish coated with cooking spray. Spoon tomato mixture evenly over grits; top with breadcrumb mixture.
- ☐
- Bake at 400 for 20 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:11.46, Inflammation Score:-7, Nutrition Score:14.770869492837%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 337.65kcal (16.88%), Fat: 7.7g (11.84%), Saturated Fat: 3.45g (21.55%), Carbohydrates: 55.23g (18.41%), Net Carbohydrates: 49.12g (17.86%), Sugar: 6.81g (7.56%), Cholesterol: 12.34mg (4.11%), Sodium: 685.7mg (29.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.18%), Manganese: 0.73mg (36.37%), Fiber: 6.11g (24.44%), Vitamin K: 24.84µg (23.66%), Potassium: 804.51mg (22.99%), Iron: 4.09mg (22.7%), Copper: 0.41mg (20.38%), Folate: 79.93µg (19.98%), Phosphorus: 199.06mg (19.91%), Magnesium: 77.73mg (19.43%), Vitamin B1: 0.28mg (18.89%), Selenium: 12.64µg (18.05%), Calcium: 173.16mg (17.32%), Vitamin B2: 0.19mg (11.01%), Vitamin B3: 2.16mg (10.82%), Vitamin C: 8.75mg (10.6%), Vitamin B6: 0.21mg (10.52%), Zinc: 1.54mg (10.3%), Vitamin A: 400.35IU (8.01%), Vitamin B5: 0.63mg (6.32%), Vitamin E: 0.94mg (6.27%), Vitamin B12: 0.09µg (1.52%)