



Grits Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



388 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 10 ounces bacon chopped
- ☐ 8 ounces cheddar cheese divided grated
- ☐ 6 large eggs
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 10 servings pepper freshly ground
- ☐ 1 cup grits stone-ground
- ☐ 0.3 teaspoon paprika sweet

- ☐ 10 servings butter unsalted (for dish)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Butter a 2-quart baking dish. Bring 4 cups water to a simmer in a large saucepan. Gradually whisk in grits. Reduce heat to low; gently simmer, stirring often, until grits begin to thicken. Continue cooking, stirring often and adding water by 1/4 cupfuls if too thick, until tender and very thick (about 5 cups), about 1 hour. (The amount of water and cooking time will vary depending on the type of grits used.)
- ☐ Remove pan from heat and let cool slightly.
- ☐ Meanwhile, cook bacon in a large skillet over medium heat until crisp, 5–7 minutes.
- ☐ Transfer bacon to paper towels to drain.
- ☐ Preheat oven to 350°.
- ☐ Whisk eggs and cream in a medium bowl; whisk into grits in 3 additions. Stir in 1 3/4 cups cheese, chives, paprika, and bacon. Season to taste with salt and pepper.
- ☐ Transfer grits mixture to prepared dish and smooth top with a spoon.
- ☐ Sprinkle remaining 1/4 cup cheese over.
- ☐ Transfer baking dish to a foil-lined baking sheet and cook until puffed, golden, and just set in the middle, about 1 hour.
- ☐ Let cool for 10 minutes before serving.

Nutrition Facts



 **PROTEIN 14.91%**  **FAT 70.61%**  **CARBS 14.48%**

Properties

Glycemic Index:11.9, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:8.9178260201993%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 388.41kcal (19.42%), Fat: 30.37g (46.72%), Saturated Fat: 14.4g (89.97%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 13.7g (4.98%), Sugar: 0.65g (0.73%), Cholesterol: 177.19mg (59.06%), Sodium: 382.59mg (16.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.43g (28.86%), Selenium: 24.4µg (34.86%), Phosphorus: 224.25mg (22.42%), Calcium: 189.04mg (18.9%), Vitamin B2: 0.29mg (17.17%), Vitamin A: 784.3IU (15.69%), Vitamin B12: 0.68µg (11.28%), Zinc: 1.66mg (11.05%), Vitamin B6: 0.17mg (8.57%), Vitamin B5: 0.83mg (8.27%), Vitamin B1: 0.12mg (8.03%), Vitamin D: 1.11µg (7.43%), Vitamin B3: 1.38mg (6.91%), Vitamin E: 0.85mg (5.66%), Folate: 20.94µg (5.24%), Iron: 0.88mg (4.87%), Magnesium: 18.78mg (4.7%), Potassium: 153.12mg (4.37%), Copper: 0.06mg (2.87%), Vitamin K: 2.89µg (2.76%), Manganese: 0.05mg (2.32%), Fiber: 0.31g (1.23%)