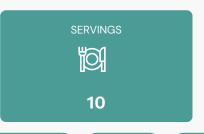


Grits Dressing

Gluten Free







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

io 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
O.3 teaspoon paprika sweet

	10 servings butter unsalted (for dish)	
Equipment		
	bowl	
	frying pan	
	paper towels	
	sauce pan	
	oven	
	whisk	
	baking pan	
	aluminum foil	
	<u>.</u>	
Di	rections	
	Butter a 2-quart baking dish. Bring 4 cupswater to a simmer in a large saucepan.Gradually whisk in grits. Reduce heat tolow; gently simmer, stirring often, until gritsbegin to thicken. Continue cooking, stirringoften and adding water by 1/4 cupfuls if toothick, until tender and very thick (about5 cups), about 1 hour. (The amount of waterand cooking time will vary depending on thetype of grits used.)	
	Remove pan from heatand let cool slightly.	
	Meanwhile, cook bacon in a large skilletover medium heat until crisp, 5–7 minutes.	
	Transfer bacon to paper towels to drain.	
	Preheat oven to 350°.	
	Whisk eggs andcream 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 toprepared dish and smooth top with a spoon.	
	Sprinkle remaining 1/4 cup cheese over.	
	Transfer baking dish to a foil-lined bakingsheet and cook until puffed, golden, and justset in the middle, about 1 hour.	
	Let cool for10 minutes before serving.	

Nutrition Facts

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, 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: Og (100%), Alcohol %: O% (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%)