



## Grits Dressing

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



399 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.3 cup butter
- ☐ 5 rib celery with leaves, finely chopped
- ☐ 31.5 ounce condensed chicken broth undiluted canned
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 1 tablespoon garlic cloves minced
- ☐ 1 pound sausage meat hot
- ☐ 1 large onion chopped

- ☐ 1 cup parmesan cheese freshly grated
- ☐ 1.3 cups quick-cooking grits uncooked

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ spatula
- ☐ cutting board

## Directions

- ☐ Bring broth to a boil in a large saucepan. Stir in grits, and return to a boil. Cover, reduce heat, and simmer 7 minutes or until grits are thickened, stirring twice. Stir in cheese.
- ☐ Remove from heat.
- ☐ Spoon grits into a greased 13" x 9" baking dish. Cover and chill until firm. Unmold onto a large cutting board, sliding knife or spatula under grits to loosen them from dish.
- ☐ Cut grits into 3/4" cubes.
- ☐ Place in a single layer on a large greased rimmed baking sheet or jellyroll pan.
- ☐ Bake at 450 for 20 minutes; turn grits, and bake 10 to 12 more minutes or until crisp and browned.
- ☐ Meanwhile, cook sausage in a large skillet, stirring until it crumbles and is no longer pink; drain.
- ☐ Melt butter in a large skillet over medium heat; add celery, garlic, and onion. Saut 5 minutes or until tender. Stir together onion mixture, sausage, and grits croutons, tossing gently.
- ☐ Drizzle egg over mixture; add parsley, stirring gently. Spoon dressing loosely into a greased 11" x 7" baking dish.
- ☐ Bake, uncovered, at 350 for 35 to 45 minutes or until browned.

## Nutrition Facts



**PROTEIN 16.11%** **FAT 61.2%** **CARBS 22.69%**

## Properties

Glycemic Index:18.63, Glycemic Load:0.52, Inflammation Score:-7, Nutrition Score:13.421739225802%

## Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

## Nutrients (% of daily need)

Calories: 399.3kcal (19.97%), Fat: 27.35g (42.08%), Saturated Fat: 8.79g (54.93%), Carbohydrates: 22.82g (7.61%), Net Carbohydrates: 21.23g (7.72%), Sugar: 1.59g (1.76%), Cholesterol: 77.18mg (25.73%), Sodium: 1095.54mg (47.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.2g (32.4%), Vitamin K: 62.23µg (59.27%), Vitamin B1: 0.33mg (22.29%), Phosphorus: 222.49mg (22.25%), Vitamin B3: 4.12mg (20.6%), Vitamin B2: 0.3mg (17.45%), Vitamin A: 844.13IU (16.88%), Zinc: 2.23mg (14.85%), Vitamin B6: 0.3mg (14.81%), Calcium: 138.88mg (13.89%), Folate: 49.48µg (12.37%), Vitamin B12: 0.74µg (12.3%), Iron: 1.98mg (10.98%), Selenium: 6.98µg (9.97%), Vitamin C: 7.12mg (8.63%), Manganese: 0.17mg (8.25%), Potassium: 283.85mg (8.11%), Magnesium: 29.86mg (7.47%), Vitamin B5: 0.65mg (6.52%), Fiber: 1.58g (6.33%), Vitamin D: 0.92µg (6.16%), Copper: 0.11mg (5.26%), Vitamin E: 0.61mg (4.06%)