



Grits with Sausage

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



406 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 servings toppings: cheddar cheese shredded
- ☐ 0.5 cup cornmeal
- ☐ 1 cup regular grits uncooked
- ☐ 16 ounce sausage meat reduced-fat
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 4.5 cups water

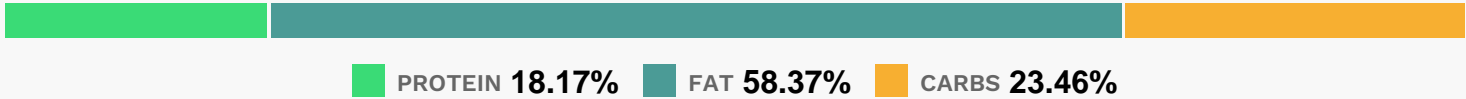
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ Cook sausage in a skillet over medium-high heat, stirring until it crumbles and is no longer pink; drain.
- ☐ Bring 4 1/2 cups water and salt to a boil in a large saucepan; add grits. Cover, reduce heat, and simmer, stirring occasionally, 10 minutes. Stir in sausage, cornmeal, and pepper; cook, stirring occasionally, 5 minutes. Spoon into a foil-lined 9- x 5-inch loafpan; chill 8 hours.
- ☐ Remove loaf from pan; cut crosswise into 1/2-inch-thick slices.
- ☐ Cook slices, in batches, in a skillet coated with cooking spray over medium-high heat 5 minutes on each side or until browned.
- ☐ Serve with desired toppings.
- ☐ NOTE: For testing puposes only, we used Smithfield 40% Lower Fat Sausage.

Nutrition Facts



Properties

Glycemic Index:19.44, Glycemic Load:4.54, Inflammation Score:-3, Nutrition Score:9.5086956270363%

Nutrients (% of daily need)

Calories: 405.58kcal (20.28%), Fat: 26.06g (40.1%), Saturated Fat: 10.88g (68.02%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 22.3g (8.11%), Sugar: 0.38g (0.42%), Cholesterol: 70.82mg (23.61%), Sodium: 854.76mg (37.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.25g (36.51%), Phosphorus: 250.74mg (25.07%), Calcium: 222.92mg (22.29%), Zinc: 2.73mg (18.23%), Selenium: 12.41µg (17.73%), Vitamin B3: 3.16mg (15.82%), Vitamin B1: 0.22mg (14.66%), Vitamin B6: 0.28mg (14.09%), Vitamin B12: 0.8µg (13.33%), Vitamin B2: 0.22mg (12.87%), Magnesium: 33.49mg (8.37%), Vitamin A: 385.54IU (7.71%), Vitamin B5: 0.66mg (6.6%), Iron: 1.18mg (6.58%), Potassium: 224.15mg (6.4%), Vitamin D: 0.92µg (6.11%), Copper: 0.11mg (5.46%), Manganese: 0.11mg (5.34%), Fiber: 1.28g (5.11%), Folate: 11.24µg (2.81%), Vitamin E: 0.37mg (2.47%), Vitamin K: 1.23µg (1.17%)