



Ham and Grits Casserole

 Gluten Free

READY IN



65 min.

SERVINGS



15

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup egg substitute
- ☐ 1 cup low-salt ham chopped reduced-fat
- ☐ 3 tablespoons butter reduced-calorie
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 0.3 teaspoon salt
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 4 cups water
- ☐ 1 teaspoon worcestershire sauce low-sodium

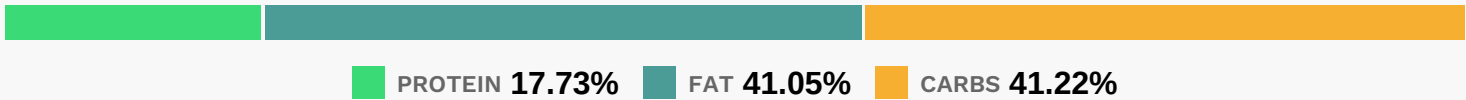
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine 4 cups water and salt in a large saucepan; bring to a boil. Stir in grits; cover, reduce heat, and simmer 5 minutes or until grits are thickened, stirring occasionally.
- ☐ Remove from heat.
- ☐ Add ham, margarine, and Worcestershire sauce; stir until margarine melts. Gradually add egg substitute, stirring well.
- ☐ Spoon grits mixture into an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 45 minutes.
- ☐ Sprinkle with cheese.
- ☐ Bake 5 additional minutes or until cheese melts.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:1.8, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:3.1404348161557%

Nutrients (% of daily need)

Calories: 80.3kcal (4.01%), Fat: 3.77g (5.8%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 8.04g (2.92%), Sugar: 0.49g (0.55%), Cholesterol: 3.78mg (1.26%), Sodium: 134.99mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Selenium: 7.68µg (10.97%), Vitamin B2: 0.12mg (6.9%), Vitamin B1: 0.08mg (5.21%), Phosphorus: 50.81mg (5.08%), Folate: 18.61µg (4.65%), Calcium: 42.61mg (4.26%), Iron: 0.72mg (4.03%), Vitamin B3: 0.72mg (3.59%), Vitamin A: 174.35IU (3.49%), Vitamin B5: 0.31mg (3.14%), Zinc: 0.41mg (2.73%), Vitamin B6: 0.05mg (2.62%), Vitamin E: 0.37mg (2.47%), Magnesium: 9.18mg (2.3%), Potassium: 69.31mg (1.98%), Fiber: 0.47g (1.89%), Vitamin B12: 0.11µg (1.88%), Vitamin D: 0.28µg (1.86%), Copper:

0.03mg (1.73%), Manganese: 0.02mg (1.16%)