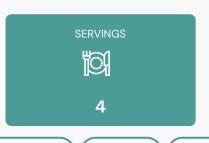


# **Highlands Baked Grits**

**Gluten Free** 







MORNING MEAL

BRUNCH

**BREAKFAST** 

## Ingredients

1 bay leaves
1 ounce country ham diced
2 ounces country ham cut into thin strips
0.5 cup wine dry white
1 large eggs beaten
0.5 cup mushrooms fresh assorted cut into 1- to 2-inch pieces
4 servings grits

1 tablespoon cup heavy whipping cream

	4 servings sauce
	4 servings hot sauce
	1 teaspoon kosher salt
	1 tablespoon juice of lemon fresh
	4 servings mushrooms
	1 tablespoon olive oil
	0.3 cup parmesan finely grated
	2 tablespoons parmesan finely grated
	1 teaspoon pepper dried red crushed
	1 shallots minced
	2 shallots minced
	0.3 cup sherry vinegar
	1 cup grits yellow stone-ground uncooked
	0.5 cup butter unsalted cut into cubes
	2 tablespoons butter unsalted at room temperature
Eq	uipment
	frying pan
	sauce pan
	oven
	whisk
	sieve
	ramekin
	aluminum foil
Di	rections
	Prepare Grits: Bring salt and 4 cups water to a boil in a large heavy saucepan over medium heat. Gradually stir in grits. Bring to a boil; reduce heat to medium-low, and cook, stirring often, 45 minutes to 1 hour or until grits are thick.

	Remove from heat, and stir in 2 Tbsp. butter, 1/4 cup cheese, and freshly ground white pepper to taste. Stir in egg until blended.	
	Preheat oven to 37	
	Divide grits among 4 (4- to 6-oz.) buttered ramekins; place ramekins in a 13- x 9-inch pan, and add hot water to pan halfway up sides of ramekins. Cover pan with aluminum foil.	
	Bake at 375 for 15 minutes. Uncover and bake 20 minutes or until tops begin to brown.	
	Combine wine and next 5 ingredients in a medium saucepan, and bring to a boil over medium heat. Cook, stirring often, 5 to 7 minutes or until liquid is reduced to 1 Tbsp. Reduce heat to low; stir in cream. Gradually whisk in cubed butter, 1 cube at a time, whisking until blended after each addition.	
	Remove from heat.	
	Pour mixture through a wire-mesh strainer into a small saucepan. Stir in cheese and lemon juice. Season with kosher salt, white pepper, and hot sauce to taste. Keep warm.	
	Prepare Mushroom Topping: Saut mushrooms and next 2 ingredients in hot oil 3 to 4 minutes or until mushrooms are just tender.	
	Unmold grits onto serving plates, and serve with sauce and mushroom topping.	
Nutrition Facts		
	PROTEIN 9.8% FAT 52.33% CARBS 37.87%	
	PRUIEIN 3.0 /0 FAI 32.33 /0 CARBS 31.01 /0	

#### **Properties**

Glycemic Index:48.25, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:12.274347927259%

#### **Flavonoids**

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.17mg, Epicatechin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Quercetin: 0.03mg, Quercetin: 0.

### Nutrients (% of daily need)

Calories: 737.89kcal (36.89%), Fat: 41.64g (64.07%), Saturated Fat: 22.76g (142.25%), Carbohydrates: 67.79g (22.6%), Net Carbohydrates: 65.62g (23.86%), Sugar: 3.13g (3.48%), Cholesterol: 145.93mg (48.64%), Sodium: 1025.91mg (44.6%), Alcohol: 3.09g (100%), Alcohol %: 1.59% (100%), Protein: 17.55g (35.1%), Selenium: 25.93µg (37.04%), Vitamin A: 1392.84IU (27.86%), Phosphorus: 229.45mg (22.94%), Vitamin B1: 0.27mg (17.71%), Vitamin B6:

0.33mg (16.65%), Vitamin B2: 0.25mg (14.67%), Calcium: 138.02mg (13.8%), Vitamin B3: 2.54mg (12.68%), Vitamin E: 1.79mg (11.94%), Manganese: 0.21mg (10.39%), Magnesium: 41.14mg (10.29%), Vitamin B5: 1.03mg (10.27%), Iron: 1.83mg (10.17%), Potassium: 350.16mg (10%), Zinc: 1.46mg (9.77%), Fiber: 2.17g (8.68%), Copper: 0.16mg (8.04%), Vitamin D: 1.06μg (7.06%), Vitamin B12: 0.42μg (7.06%), Vitamin K: 5.92μg (5.64%), Folate: 22.06μg (5.52%), Vitamin C: 3.41mg (4.13%)