



Highlands Baked Grits

 Gluten Free

READY IN



115 min.

SERVINGS



4

CALORIES



738 kcal

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

Equipment

- frying pan
- sauce pan
- oven
- whisk
- sieve
- ramekin
- aluminum foil

Directions

- 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%**

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 Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

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 %: 1.59g (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%)