



Hominy Grits Soufflé



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 large egg whites
- ☐ 4 large egg yolk lightly beaten
- ☐ 0.8 cup grits white (not quick-cooking)
- ☐ 1 teaspoon salt
- ☐ 0.3 cup butter unsalted melted
- ☐ 1 cup water boiling
- ☐ 2 cups milk whole

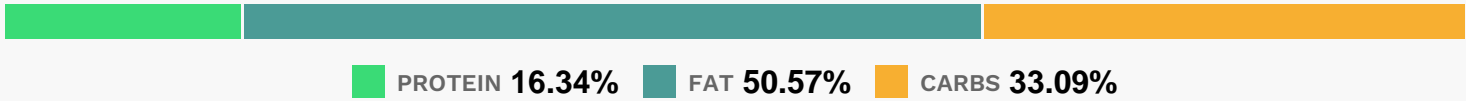
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F.
- ☐ Whisk grits into boiling water in a metal bowl, then set bowl over a saucepan of simmering water. Cook, stirring constantly, 2 minutes.
- ☐ Stir in 1 cup milk and 3/4 teaspoon salt and cook, stirring constantly, 15 minutes. Grits will be very thick.
- ☐ Remove bowl from heat and stir in remaining cup milk and butter. Return bowl to simmering water and cook, stirring, until smooth and heated through, about 2 minutes.
- ☐ Remove bowl from heat and whisk in yolks, then cool to lukewarm.
- ☐ Beat egg whites with remaining 1/4 teaspoon salt using an electric mixer until they just hold stiff peaks, then fold into grits gently but thoroughly.
- ☐ Turn mixture into a buttered 2 1/2- to 3-quart baking dish and bake in middle of oven until browned and puffed, 40 to 45 minutes.
- ☐ • You can use a double boiler to cook grits, but we think it's easier to stir them in a metal bowl as they thicken.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.16, Inflammation Score:-5, Nutrition Score:10.519565266112%

Nutrients (% of daily need)

Calories: 363.92kcal (18.2%), Fat: 20.35g (31.31%), Saturated Fat: 11.23g (70.16%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 29.49g (10.72%), Sugar: 6.51g (7.23%), Cholesterol: 228.74mg (76.25%), Sodium: 722.87mg (31.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.79g (29.59%), Selenium: 26.85µg (38.36%), Vitamin B2: 0.49mg (28.94%), Phosphorus: 221.7mg (22.17%), Calcium: 181.58mg (18.16%), Vitamin B12: 1.06µg (17.65%), Vitamin A: 859.92IU (17.2%), Vitamin D: 2.47µg (16.49%), Vitamin B5: 1.21mg (12.15%), Potassium: 325.81mg (9.31%), Vitamin B1: 0.14mg (9.26%), Vitamin B6: 0.18mg (8.99%), Magnesium: 29.72mg (7.43%), Folate: 28.69µg (7.17%), Zinc: 1.05mg (6.97%), Vitamin E: 0.83mg (5.53%), Iron: 0.8mg (4.47%), Copper: 0.06mg (2.99%), Vitamin B3: 0.54mg (2.71%), Manganese: 0.05mg (2.64%), Fiber: 0.47g (1.87%), Vitamin K: 1.57µg (1.49%)