



McEwen & Sons Grits with Poached Eggs and Country Ham

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 servings pepper black freshly ground to taste
- 2 tablespoons butter
- 2 cups mushrooms quartered
- 0.5 cup chicken stock see
- 0.3 cup country ham julienned
- 4 large eggs fresh
- 0.5 tablespoon kosher salt

- 4 servings kosher salt black freshly ground
- 1 tablespoon cooking oil
- 0.5 cup parmesan grated
- 0.3 cup port wine
- 1 shallots finely minced
- 2 tablespoons cooking sherry
- 4 cups water filtered
- 1 cup grits white stone-ground uncooked
- 4 servings all the tabasco sauce you handle to taste
- 1 bunch watercress dried cleaned

Equipment

- frying pan
- sauce pan
- whisk

Directions

- Combine water and 1/2 tablespoon kosher salt in a medium, heavy saucepan; bring to a boil.
- Whisk in grits, and lower heat to a simmer. Cook 20 minutes or until almost tender, stirring occasionally.
- Remove from heat, and add cheese, butter, pepper to taste (about 1/8 teaspoon), and Tabasco to taste (about 1/8 teaspoon), whisking to combine thoroughly. Cover and keep warm.
- Saut mushrooms in hot oil in a saut; pan or large skillet over medium-high heat about 3 minutes.
- Add shallot and country ham, and cook 30 seconds.
- Add port wine and chicken stock, and cook until mixture is reduced by three-fourths.
- Spoon grits onto serving plates, and top with poached eggs. Spoon ham and mushroom sauce evenly over the eggs. Toss frise with vinaigrette, and season with salt and pepper; scatter frise mixture along the edges of the grits, and serve.

Nutrition Facts

PROTEIN 18.59% FAT 43.83% CARBS 37.58%

Properties

Glycemic Index:54.5, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:14.7495653111%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.23mg, Malvidin: 14.23mg, Malvidin: 14.23mg, Malvidin: 14.23mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 424.54kcal (21.23%), Fat: 19.64g (30.21%), Saturated Fat: 8.18g (51.13%), Carbohydrates: 37.88g (12.63%), Net Carbohydrates: 36.52g (13.28%), Sugar: 3.71g (4.12%), Cholesterol: 215.88mg (71.96%), Sodium: 1551.19mg (67.44%), Alcohol: 3.07g (100%), Alcohol %: 0.82% (100%), Protein: 18.73g (37.47%), Selenium: 32.19µg (45.99%), Vitamin B2: 0.54mg (31.68%), Phosphorus: 294.37mg (29.44%), Calcium: 201.31mg (20.13%), Vitamin K: 19.4µg (18.47%), Vitamin B5: 1.83mg (18.26%), Vitamin A: 827.31IU (16.55%), Vitamin B3: 3.21mg (16.03%), Copper: 0.3mg (15.14%), Vitamin B6: 0.29mg (14.46%), Vitamin B1: 0.19mg (12.7%), Potassium: 407.09mg (11.63%), Zinc: 1.73mg (11.52%), Vitamin B12: 0.68µg (11.37%), Iron: 1.91mg (10.62%), Folate: 39.24µg (9.81%), Vitamin E: 1.44mg (9.59%), Magnesium: 36.65mg (9.16%), Vitamin D: 1.22µg (8.13%), Manganese: 0.16mg (7.87%), Fiber: 1.36g (5.44%), Vitamin C: 4.33mg (5.25%)