



Mrs. Ralph Izard's Awendaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 3 large eggs lightly beaten
- ☐ 1.5 cups regular grits uncooked
- ☐ 1.5 cups milk
- ☐ 1.5 teaspoons salt divided
- ☐ 0.8 cup cornmeal plain white

Equipment

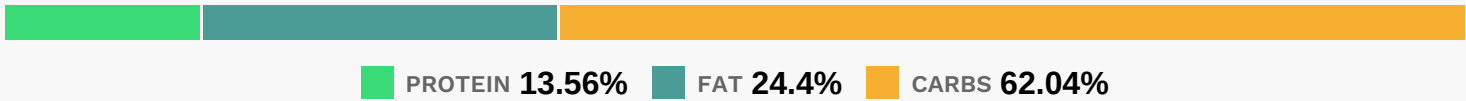
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Bring 1 tsp. salt and 6 cups water to a boil in a large saucepan over medium-high heat. Gradually whisk in grits, and return to a boil. Reduce heat to medium-low, and cook, whisking often, 15 minutes or until thickened.
- ☐ Remove grits from heat, and whisk in butter.
- ☐ Whisk about one-fourth of hot grits mixture into eggs; whisk egg mixture into remaining hot grits mixture. Gradually whisk in milk.
- ☐ Whisk in cornmeal and remaining 1/2 tsp. salt.
- ☐ Pour grits mixture into a lightly greased 2 1/2-qt. baking dish.
- ☐ Bake at 375 for 1 hour to 1 hour and 10 minutes or until golden brown and set.
- ☐ Cheese Awendaw: Prepare recipe as directed, stirring in 2 cups (8 oz.) shredded smoked Gouda cheese and 1/2 tsp. ground red pepper after cornmeal.
- ☐ Garlic-and-Herb Awendaw: Prepare recipe as directed, stirring in 1 cup freshly grated Parmesan cheese; 1/4 cup each finely chopped fresh flat-leaf parsley, basil, and chives; 2 Tbsp. chopped fresh tarragon; 3 garlic cloves, pressed; and 1 tsp. freshly ground black pepper after cornmeal.
- ☐ Cut kernels from fresh ears of corn to equal 2 cups, and place in a bowl. Using the dull side of a knife blade, scrape milk and remaining pulp from cobs into bowl. Prepare recipe as directed, increasing salt to 1 tsp. in Step 2 and stirring in corn kernels after cornmeal.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:6.5995651950007%

Nutrients (% of daily need)

Calories: 240.93kcal (12.05%), Fat: 6.48g (9.97%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 35.04g (12.74%), Sugar: 2.68g (2.97%), Cholesterol: 80.88mg (26.96%), Sodium: 497.8mg (21.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.2%), Selenium: 11.63µg (16.61%), Phosphorus: 147.05mg (14.71%), Vitamin B2: 0.18mg (10.7%), Vitamin B5: 0.97mg (9.74%), Vitamin B6: 0.19mg (9.49%), Magnesium: 34.33mg (8.58%), Fiber: 2.02g (8.07%), Vitamin B1: 0.12mg (7.83%), Calcium: 69.9mg (6.99%), Vitamin B12: 0.42µg (6.97%), Zinc: 1.04mg (6.91%), Manganese: 0.14mg (6.78%), Iron: 1.19mg (6.61%), Vitamin A: 303.56IU (6.07%), Vitamin D: 0.88µg (5.86%), Potassium: 201.33mg (5.75%), Vitamin B3: 0.83mg (4.16%), Folate: 15.12µg (3.78%), Copper: 0.07mg (3.44%), Vitamin E: 0.34mg (2.24%)