



## Panko-Crusted Grits Patties

READY IN



70 min.

SERVINGS



6

CALORIES



334 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1.5 cups japanese breadcrumbs (panko)
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 2 teaspoons salt
- ☐ 2 cups grits stone-ground uncooked

### Equipment

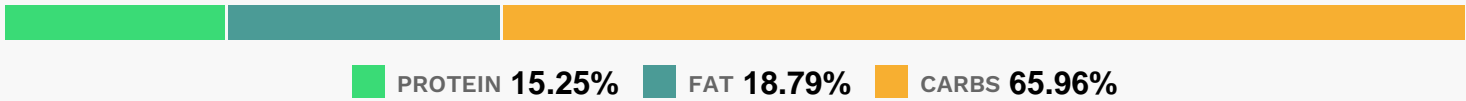
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ cutting board

## Directions

- ☐ Bring grits, salt, and 6 cups water to a boil in a large heavy saucepan over medium heat, stirring constantly. Reduce heat to low; simmer, stirring frequently, 20 to 25 minutes or until very thick.
- ☐ Remove from heat; stir in Parmesan cheese until melted.
- ☐ Spoon grits into a 13- x 9-inch pan lined with heavy-duty plastic wrap; spread in an even layer. Cool 15 minutes.
- ☐ Place a dry paper towel over grits, and cover with plastic wrap. Chill 2 hours or until very firm.
- ☐ Preheat oven to 42
- ☐ Turn chilled grits out onto a cutting board; remove plastic wrap and paper towel, and cut grits into 12 squares.
- ☐ Whisk together egg and 2 Tbsp. water in a bowl.
- ☐ Combine panko and, if desired, ground red pepper in a shallow dish. Dip grits patties into egg wash; dredge in panko mixture.
- ☐ Place grits patties on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 25 minutes or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:7.9073913201042%

Nutrients (% of daily need)

Calories: 334.25kcal (16.71%), Fat: 6.88g (10.58%), Saturated Fat: 3.11g (19.41%), Carbohydrates: 54.32g (18.11%), Net Carbohydrates: 52.81g (19.2%), Sugar: 1.31g (1.45%), Cholesterol: 45.5mg (15.17%), Sodium: 1188.98mg (51.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.56g (25.12%), Selenium: 21.01µg (30.02%), Phosphorus: 184.88mg (18.49%), Calcium: 180.97mg (18.1%), Vitamin B1: 0.22mg (14.7%), Manganese: 0.21mg (10.57%), Vitamin B2: 0.18mg (10.4%), Zinc: 1.26mg (8.41%), Vitamin B3: 1.64mg (8.19%), Iron: 1.47mg (8.18%), Magnesium: 27.34mg (6.84%), Vitamin B6: 0.12mg (6.11%), Fiber: 1.51g (6.03%), Vitamin A: 300.45IU (6.01%), Folate: 23.57µg (5.89%), Vitamin B12: 0.35µg (5.86%), Vitamin B5: 0.52mg (5.17%), Copper: 0.09mg (4.53%), Potassium: 142.97mg (4.08%), Vitamin D: 0.25µg (1.67%), Vitamin K: 1.45µg (1.39%), Vitamin E: 0.18mg (1.23%)