



## Pigs in a Poke

 Gluten Free

READY IN



32 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 ounce andouille sausage diced
- 0.5 teaspoon pepper black divided
- 1.5 teaspoons butter
- 4 large eggs
- 2 teaspoons parsley fresh chopped
- 0.3 cup gouda cheese shredded
- 3 cups milk 2% reduced-fat
- 0.5 teaspoon salt divided

- 1 cup grits stone-ground uncooked
- 8 cups water
- 2 tablespoons vinegar white

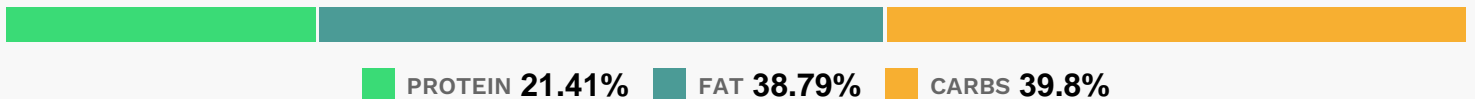
## Equipment

- bowl
- sauce pan
- slotted spoon

## Directions

- Melt butter in a small saucepan over medium-high heat.
- Add sausage; saut 3 minutes, stirring occasionally. Stir in 3 cups milk and 1/4 teaspoon salt; bring to a boil.
- Add grits; reduce heat, and simmer for 20 minutes or until tender, stirring frequently.
- Remove from heat; stir in 1/4 teaspoon pepper and cheese.
- Bring 8 cups water and vinegar to a simmer in a large saucepan. Crack each egg into a small bowl. Gently slide eggs into water; cook 3 minutes or until whites are just set.
- Remove eggs from water with a slotted spoon.
- Divide grits evenly among 4 bowls. Top each serving with 1 poached egg; sprinkle eggs evenly with remaining 1/4 teaspoon salt, 1/4 teaspoon pepper, and parsley.

## Nutrition Facts



## Properties

Glycemic Index:47.75, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:14.970000153003%

## Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

## Nutrients (% of daily need)

Calories: 413.44kcal (20.67%), Fat: 17.59g (27.06%), Saturated Fat: 8.91g (55.71%), Carbohydrates: 40.61g (13.54%), Net Carbohydrates: 39.92g (14.52%), Sugar: 9.91g (11.01%), Cholesterol: 232.76mg (77.59%), Sodium: 700.38mg (30.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.84g (43.67%), Selenium: 30.8µg (44%), Phosphorus: 409.71mg (40.97%), Calcium: 396.31mg (39.63%), Vitamin B2: 0.65mg (38.29%), Vitamin B12: 1.76µg (29.32%), Zinc: 2.65mg (17.67%), Vitamin B5: 1.71mg (17.1%), Vitamin A: 700.34IU (14.01%), Potassium: 422.59mg (12.07%), Magnesium: 48.16mg (12.04%), Vitamin B6: 0.24mg (12%), Vitamin B1: 0.16mg (10.95%), Folate: 38.69µg (9.67%), Copper: 0.17mg (8.39%), Iron: 1.47mg (8.14%), Vitamin D: 1.2µg (7.99%), Manganese: 0.12mg (5.99%), Vitamin B3: 1.12mg (5.59%), Vitamin E: 0.74mg (4.9%), Fiber: 0.69g (2.76%), Vitamin K: 2.43µg (2.32%)