



Puffy Cheese Grits

 Vegetarian  Gluten Free

READY IN



41 min.

SERVINGS



12

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 8 large egg whites
- ☐ 4 large egg yolks
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 cup milk
- ☐ 6 oz monterrey jack cheese shredded
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 1 teaspoon salt

- ☐ 0.3 cup butter unsalted
- ☐ 1 cup water

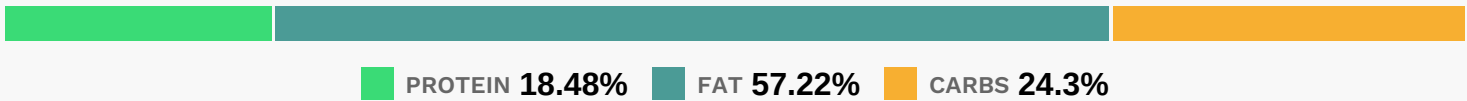
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Combine first 3 ingredients in a large saucepan. Bring to a boil; stir in grits. Reduce heat, and simmer 3 minutes or until thickened, stirring often.
- ☐ Remove from heat; add butter and pepper, stirring until butter melts. Stir in egg yolks, 1 at a time, and cheese.
- ☐ Beat egg whites and cream of tartar at high speed with an electric mixer until stiff peaks form. Fold one-third of beaten egg whites into grits; carefully fold in remaining egg whites.
- ☐ Pour into a lightly greased 13" x 9" baking dish.
- ☐ Bake at 425 for 20 minutes or until puffed and browned.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:5.446956463887%

Nutrients (% of daily need)

Calories: 183.05kcal (9.15%), Fat: 11.77g (18.1%), Saturated Fat: 6.9g (43.11%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 10.64g (3.87%), Sugar: 1.36g (1.52%), Cholesterol: 89.81mg (29.94%), Sodium: 327.77mg (14.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.1%), Vitamin B2: 0.25mg (14.87%), Selenium: 10.08µg (14.4%), Calcium: 142.44mg (14.24%), Phosphorus: 130.94mg (13.09%), Folate: 30.89µg (7.72%), Vitamin A: 381.23IU (7.62%), Vitamin B1: 0.1mg (6.41%), Vitamin B12: 0.37µg (6.14%), Zinc: 0.77mg (5.12%), Vitamin D: 0.71µg (4.73%), Iron:

0.72mg (4%), Vitamin B6: 0.08mg (3.9%), Magnesium: 15.38mg (3.85%), Vitamin B5: 0.36mg (3.62%), Vitamin B3: 0.65mg (3.27%), Potassium: 113.92mg (3.25%), Fiber: 0.6g (2.41%), Vitamin E: 0.34mg (2.26%), Manganese: 0.04mg (1.89%), Copper: 0.03mg (1.63%)