

Raspberry Kielbasa over Cheese Grits

 **Gluten Free**

READY IN



30 min.

SERVINGS



4

CALORIES



979 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup grits dry
- 1 cup mushrooms fresh sliced
- 1.5 cups milk
- 2 tablespoons olive oil
- 1 cup onion diced
- 1 cup raspberry jam
- 16 ounce sausage sliced into 1/2 inch pieces
- 1 cup cheddar cheese shredded

0.5 cup water

Equipment

frying pan

sauce pan

Directions

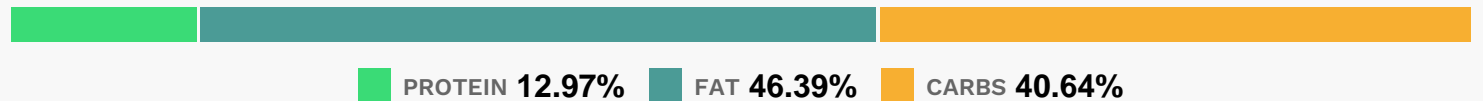
In a saucepan, combine the water and milk. Bring to boil, then stir in the grits, reduce the heat to low, and simmer until thick, about 10 minutes. Stir in the cheese, and remove from the heat.

Heat the olive oil in a large skillet over medium heat.

Add the sausage, mushrooms and onion; cook and stir until browned. Stir in the preserves, and simmer until sausage and mushrooms are coated and sauce is smooth, about 5 minutes.

Serve over cheese grits.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:34.51, Inflammation Score:-6, Nutrition Score:20.041738986969%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 979.04kcal (48.95%), Fat: 50.27g (77.33%), Saturated Fat: 18.16g (113.53%), Carbohydrates: 99.09g (33.03%), Net Carbohydrates: 96.61g (35.13%), Sugar: 48.14g (53.49%), Cholesterol: 120.88mg (40.29%), Sodium: 972.75mg (42.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.62g (63.25%), Phosphorus: 451.75mg (45.17%), Calcium: 351.14mg (35.11%), Vitamin B3: 6.86mg (34.28%), Vitamin B2: 0.58mg (33.92%), Vitamin B1: 0.47mg (31.56%), Vitamin B12: 1.77µg (29.45%), Selenium: 20.5µg (29.28%), Zinc: 4.28mg (28.53%), Vitamin B6: 0.57mg (28.48%), Potassium: 693.9mg (19.83%), Vitamin B5: 1.83mg (18.33%), Vitamin D: 2.7µg (17.99%), Copper: 0.3mg (14.8%), Vitamin C: 11.74mg (14.23%), Magnesium: 54.87mg (13.72%), Iron: 2.35mg (13.08%), Vitamin A:

600.6IU (12.01%), Vitamin E: 1.59mg (10.62%), Fiber: 2.48g (9.92%), Manganese: 0.15mg (7.52%), Folate: 30.05µg (7.51%), Vitamin K: 5.9µg (5.62%)