



## Reduced-Fat Baked Cheese Grits

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



231 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 8 ounce pasteurized cheese product light prepared cut into 1/2-inch pieces
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons butter light
- ☐ 0.7 cup quick-cooking grits
- ☐ 0.3 teaspoon salt
- ☐ 2.7 cups water

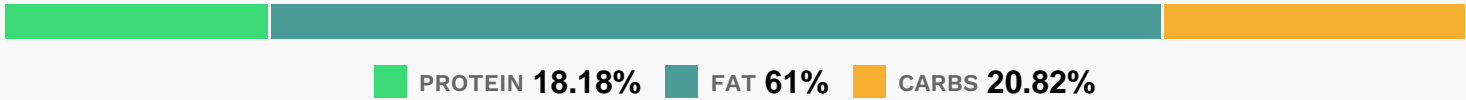
## Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Bring 2 2/3 cups water to a boil; gradually whisk in grits, and cook, stirring often, 5 minutes or until thickened.
- ☐ Remove from heat.
- ☐ Add margarine and next 4 ingredients; stir until blended. Spoon into a lightly greased 8-inch baking dish.
- ☐ Bake at 350 for 40 minutes, or until lightly browned.
- ☐ Note: Casserole may be prepared and chilled up to 24 hours before baking.
- ☐ Let stand at room temperature 30 minutes; bake as directed

## Nutrition Facts



## Properties

Glycemic Index:8.43, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:7.0256522278423%

## Nutrients (% of daily need)

Calories: 230.52kcal (11.53%), Fat: 15.8g (24.31%), Saturated Fat: 7.37g (46.09%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 11.43g (4.16%), Sugar: 0.31g (0.34%), Cholesterol: 85.54mg (28.51%), Sodium: 357.76mg (15.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.19%), Calcium: 241.69mg (24.17%), Phosphorus: 201.2mg (20.12%), Selenium: 13.56µg (19.37%), Vitamin B2: 0.26mg (15.11%), Vitamin A: 574.59IU (11.49%), Zinc: 1.51mg (10.09%), Folate: 35.34µg (8.84%), Vitamin B12: 0.47µg (7.91%), Vitamin B1: 0.1mg (6.5%), Magnesium: 18.5mg (4.63%), Iron: 0.8mg (4.47%), Vitamin B6: 0.09mg (4.34%), Vitamin B5: 0.4mg (4%), Vitamin E: 0.54mg (3.59%), Vitamin B3: 0.71mg (3.56%), Vitamin D: 0.48µg (3.2%), Fiber: 0.7g (2.78%), Copper: 0.05mg (2.56%), Manganese: 0.04mg (1.99%), Potassium: 68.38mg (1.95%)