



RiverSong Giddy-Up Grits

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



409 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pound sausage meat
- ☐ 2 tablespoons butter
- ☐ 2 large eggs
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 clove garlic minced pressed
- ☐ 7 oz pepper flakes diced green canned
- ☐ 1 teaspoon hot sauce
- ☐ 0.8 teaspoon pepper

- ☐ 1 cup quick-cooking grits
- ☐ 0.5 cup bell pepper diced red
- ☐ 0.5 lb sharp cheddar cheese shredded

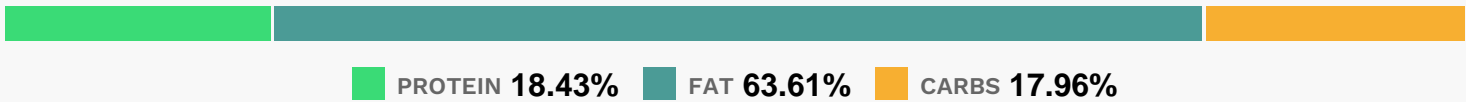
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Crumble sausage into a 10- to 12-inch frying pan over high heat. Stir often until browned and crumbly, about 6 minutes.
- ☐ Drain off and discard fat. To sausage, add garlic, pepper, and hot sauce to taste. Set aside.
- ☐ In a 2- to 3-quart pan, blend grits with 4 cups water. Bring to a boil over high heat, stirring.
- ☐ Add butter. Cover pan; reduce heat to low. Stir often until grits are tender, 5 to 6 minutes.
- ☐ In a large bowl, beat eggs to blend. Stirring, add cheese, chilies, sausage mixture, and grits.
- ☐ Pour mixture into a buttered shallow 9- by 13-inch baking dish or 2 1/2- to 3-quart casserole.
- ☐ Bake, uncovered, in a 350 oven until lightly browned, 40 to 45 minutes.
- ☐ Let stand about 5 minutes.
- ☐ Sprinkle with red bell pepper and cilantro.
- ☐ Cut into pieces and serve with a wide spatula.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:15.257825934369%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 408.85kcal (20.44%), Fat: 29.09g (44.75%), Saturated Fat: 11.47g (71.71%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 16.95g (6.16%), Sugar: 2.05g (2.28%), Cholesterol: 115.67mg (38.56%), Sodium: 613.36mg (26.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.96g (37.92%), Vitamin C: 48.64mg (58.96%), Phosphorus: 276.98mg (27.7%), Calcium: 220.44mg (22.04%), Vitamin A: 1093.86IU (21.88%), Vitamin B6: 0.42mg (21.21%), Vitamin B2: 0.35mg (20.3%), Vitamin B1: 0.3mg (20.08%), Vitamin B3: 3.99mg (19.97%), Zinc: 2.7mg (18%), Selenium: 12.06µg (17.23%), Vitamin B12: 0.9µg (14.95%), Folate: 51.4µg (12.85%), Iron: 1.88mg (10.44%), Potassium: 315.89mg (9.03%), Magnesium: 33.7mg (8.42%), Vitamin B5: 0.84mg (8.38%), Vitamin D: 1.16µg (7.71%), Manganese: 0.14mg (7%), Vitamin K: 7.27µg (6.92%), Fiber: 1.53g (6.12%), Vitamin E: 0.9mg (5.99%), Copper: 0.12mg (5.75%)