



## Roasted Garlic & Cheese Grits Souffle

 Gluten Free

READY IN



95 min.

SERVINGS



8

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 tsp butter softened
- 2 Tbsp butter
- 3 egg whites
- 2 egg yolks
- 28 oz chicken broth fat-free reduced-sodium canned
- 1 head garlic
- 0.3 tsp ground pepper red (cayenne)
- 0.5 tsp olive oil

- 1 Tbsp parmesan cheese grated kraft
- 1 cup quick-cooking grits
- 6 oz velveeta cut into 1/2-inch cubes
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## Equipment

- sauce pan
- oven
- blender
- aluminum foil

## Directions

- Heat oven to 350F.
- Cut 1/4 inch off top of garlic head, leaving papery skins intact.
- Place on sheet of foil; drizzle with oil. Wrap in foil.
- Bake 30 min. Meanwhile, brush 1/2 tsp. butter onto bottom and side of 2-qt. souffle dish; sprinkle with Parmesan until evenly coated.
- Bring broth to boil in medium saucepan on medium-high heat. Gradually add grits, stirring constantly; cover. Simmer on low heat 5 min., stirring occasionally.
- Remove from heat.
- Slip roasted garlic from skins; mash to a paste.
- Add to grits with VELVEETA, 2 Tbsp. butter and red pepper; stir until VELVEETA is melted.
- Add yolks; mix well. Beat egg whites with mixer on medium speed until foamy; beat on high speed just until stiff peaks form. Gently stir into grits mixture; spoon into prepared dish.
- Bake 40 to 45 min. or until top is golden brown and center is set.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:20.25, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:4.6156522424325%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 126.71kcal (6.34%), Fat: 5.25g (8.07%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 15.32g (5.57%), Sugar: 0.48g (0.54%), Cholesterol: 57.45mg (19.15%), Sodium: 463.42mg (20.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9.01%), Selenium: 7.71µg (11.02%), Vitamin B2: 0.16mg (9.58%), Folate: 36.82µg (9.21%), Vitamin B1: 0.13mg (8.68%), Vitamin B3: 1.49mg (7.44%), Phosphorus: 71.27mg (7.13%), Vitamin B6: 0.13mg (6.28%), Manganese: 0.12mg (5.78%), Iron: 0.99mg (5.51%), Vitamin B12: 0.31µg (5.19%), Fiber: 0.98g (3.91%), Vitamin A: 190.54IU (3.81%), Vitamin B5: 0.36mg (3.59%), Magnesium: 12.78mg (3.19%), Copper: 0.06mg (2.81%), Potassium: 97.27mg (2.78%), Zinc: 0.37mg (2.46%), Calcium: 24.17mg (2.42%), Vitamin E: 0.27mg (1.79%), Vitamin D: 0.25µg (1.64%), Vitamin C: 1.13mg (1.38%)