



Sausage and Cheddar Grits with Fried Eggs

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



403 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 ounces diestel breakfast sausage (7 to 8 links)
- 4 large eggs
- 4 servings salt and pepper
- 0.8 cup sharp cheddar cheese shredded packed
- 0.5 cup grits white yellow stone-ground (or)

Equipment

- frying pan
- sauce pan

- knife
- whisk
- wooden spoon
- slotted spoon

Directions

- In a medium-size saucepan over high heat, bring 2 1/2 cups water to a boil.
- Add salt, reduce heat to medium and slowly whisk in grits. Cook, uncovered, stirring frequently, until grits are tender and thickened, about 20 minutes.
- Using a sharp paring knife, cut off ends of sausage casings. Squeeze out sausage meat and discard casings. Cook sausage in a medium-size frying pan over medium-high heat, stirring occasionally with a wooden spoon (to crumble large pieces) until fully cooked, about 5 minutes.
- Remove sausage from pan with a slotted spoon and set aside. Leave accumulated fat in pan.
- Remove grits from heat and stir in cheese and cooked sausage.
- Return frying pan with fat to medium-high heat. Carefully crack eggs into frying pan one at a time. Cook until whites are set but yolks are still runny, about 3 minutes. (For firmer yolks, flip eggs and cook for 1 minute longer.) Spoon grits mixture onto individual plates and top each serving with an egg.
- Serve immediately.

Nutrition Facts



PROTEIN 21.69% **FAT 61.78%** **CARBS 16.53%**

Properties

Glycemic Index:13.75, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:11.69521738524%

Nutrients (% of daily need)

Calories: 402.66kcal (20.13%), Fat: 27.24g (41.9%), Saturated Fat: 10.65g (66.57%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 16.09g (5.85%), Sugar: 0.38g (0.42%), Cholesterol: 248.01mg (82.67%), Sodium: 764.16mg (33.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.51g (43.02%), Selenium: 24.66µg (35.23%), Phosphorus: 286.82mg (28.68%), Vitamin B2: 0.4mg (23.47%), Vitamin B12: 1.15µg (19.19%), Calcium: 183.41mg (18.34%), Zinc: 2.73mg (18.22%), Vitamin B6: 0.3mg (15.09%), Vitamin B3: 2.95mg (14.75%), Vitamin B1: 0.21mg

(13.83%), Vitamin B5: 1.33mg (13.29%), Vitamin D: 1.86µg (12.43%), Vitamin A: 566.55IU (11.33%), Iron: 1.73mg (9.64%), Folate: 29.49µg (7.37%), Potassium: 252.68mg (7.22%), Magnesium: 24.93mg (6.23%), Vitamin E: 0.79mg (5.28%), Copper: 0.1mg (4.76%), Manganese: 0.04mg (2.01%), Fiber: 0.31g (1.25%)