



Sausage and Cheese Grits Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound sausage meat
- ☐ 4 cups water
- ☐ 0.5 teaspoon salt
- ☐ 1 cup quick-cooking grits uncooked quick
- ☐ 6 ounces sharp cheddar cheese shredded
- ☐ 2 tablespoons butter
- ☐ 3 eggs beaten
- ☐ 0.5 cup milk

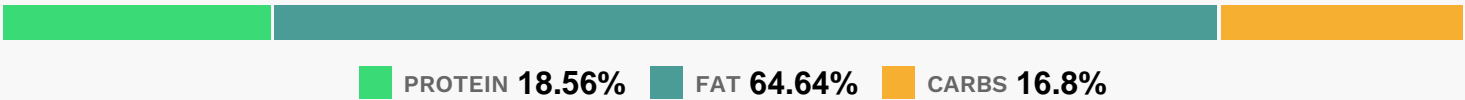
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray shallow 3-quart casserole with cooking spray.
- ☐ In 10-inch skillet, cook sausage over medium heat 7 to 9 minutes, stirring occasionally, until no longer pink; drain.
- ☐ Meanwhile, in 3-quart saucepan, heat water and salt to boiling. Slowly stir in grits; reduce heat. Cover and cook 5 to 7 minutes, stirring occasionally; remove from heat. Stir in 1 cup of the cheese and the butter until melted. Stir in eggs, milk and sausage.
- ☐ Pour grits mixture into casserole.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Bake casserole uncovered 25 to 30 minutes or until center is set. Cool 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.55, Inflammation Score:-5, Nutrition Score:13.818695540014%

Nutrients (% of daily need)

Calories: 508.29kcal (25.41%), Fat: 36.53g (56.2%), Saturated Fat: 14g (87.52%), Carbohydrates: 21.37g (7.12%), Net Carbohydrates: 20.18g (7.34%), Sugar: 1.4g (1.56%), Cholesterol: 167.06mg (55.69%), Sodium: 951.36mg (41.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.6g (47.2%), Phosphorus: 338.02mg (33.8%), Vitamin B1: 0.38mg (25.32%), Vitamin B2: 0.43mg (25.23%), Calcium: 251.8mg (25.18%), Vitamin B3: 4.8mg (23.98%), Zinc: 3.29mg (21.94%), Selenium: 15.16µg (21.66%), Vitamin B12: 1.25µg (20.89%), Vitamin B6: 0.37mg (18.39%), Folate: 55.08µg (13.77%), Vitamin A: 659.43IU (13.19%), Vitamin D: 1.82µg (12.11%), Iron: 2.14mg (11.89%), Vitamin B5: 1.12mg (11.18%), Magnesium: 37.13mg (9.28%), Potassium: 308.19mg (8.81%), Copper: 0.13mg (6.39%), Vitamin E: 0.74mg (4.95%), Fiber: 1.18g (4.74%), Manganese: 0.07mg (3.42%), Vitamin K: 1.11µg (1.06%)