



WHATSheATE



Sausage and Cheese Grits Casserole (Makeover)

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



284 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 lb sausage meat
- ☐ 4 cups water
- ☐ 0.5 teaspoon salt
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 1.5 cups sharp cheddar cheese shredded reduced-fat
- ☐ 2 tablespoons butter
- ☐ 0.5 cup eggs fat-free

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 serving sauce of the chicken from the turbo broiler

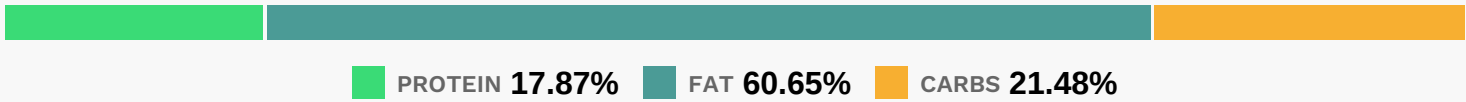
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray 2 1/2- or 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, until thickened.
- ☐ Remove from heat. Stir in 1 cup of the cheese and the butter until melted. Stir in sausage and egg product.
- ☐ Pour grits mixture into casserole; sprinkle with remaining 1/2 cup cheese.
- ☐ Bake uncovered 25 to 30 minutes or until center is set.
- ☐ Sprinkle with parsley; cool 10 minutes.
- ☐ Serve with hot sauce.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:8.3760869399361%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 283.89kcal (14.19%), Fat: 19.24g (29.6%), Saturated Fat: 7.67g (47.94%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 14.43g (5.25%), Sugar: 0.32g (0.35%), Cholesterol: 98.1mg (32.7%), Sodium: 529.18mg (23.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.75g (25.51%), Phosphorus: 197.19mg (19.72%), Calcium: 166.97mg (16.7%), Vitamin B2: 0.26mg (15.31%), Selenium: 10.66µg (15.23%), Vitamin B1: 0.2mg (13.22%), Zinc: 1.78mg (11.84%), Vitamin B3: 2.25mg (11.26%), Folate: 41.16µg (10.29%), Vitamin B12: 0.6µg (10.07%), Vitamin A: 482.89IU (9.66%), Vitamin B6: 0.18mg (8.9%), Vitamin K: 8.87µg (8.45%), Iron: 1.3mg (7.21%), Vitamin B5: 0.57mg (5.73%), Magnesium: 22.12mg (5.53%), Vitamin D: 0.8µg (5.33%), Potassium: 138.86mg (3.97%), Copper: 0.08mg (3.84%), Fiber: 0.9g (3.62%), Vitamin E: 0.48mg (3.23%), Manganese: 0.05mg (2.48%), Vitamin C: 0.87mg (1.06%)