



Sausage and Grits Casserole with Baked Eggs

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



522 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 4 oz cream cheese cut into small cubes
- 6 eggs
- 2 tablespoons chives fresh chopped
- 1 lb sausage meat
- 1 cup quick-cooking grits uncooked
- 2 teaspoons salt
- 6 servings salt and pepper

- 4 oz sharp cheddar cheese shredded
- 5 cups water

Equipment

- frying pan
- sauce pan
- ladle
- oven
- whisk
- baking pan

Directions

- Heat oven to 350F. Lightly spray 13x9-inch (3-quart) baking dish with cooking spray.
- In 10-inch skillet, cook sausage over medium heat until cooked through and no longer pink.
- Drain well.
- In 3-quart saucepan, heat water to boiling over medium-high heat. Stir in salt. Stir in grits with whisk, stirring to ensure lumps have been removed. Reduce heat to simmer. Cover; cook 6 to 8 minutes, stirring occasionally.
- Add Cheddar cheese, cream cheese and pepper to grits. Stir until cheeses have melted. Stir in crumbled drained sausage; mix well.
- Pour into baking dish.
- Bake 15 minutes.
- Remove from oven, and carefully make 6 indentions in grits using back of large ladle or spoon. Crack 1 egg into each indention.
- Sprinkle eggs with salt and pepper.
- Bake 12 to 15 minutes or until whites and yolks are firmly set.
- Garnish with chives.

Nutrition Facts



■ PROTEIN 18.9% ■ FAT 64.67% ■ CARBS 16.43%

Properties

Glycemic Index:26.5, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:14.988695605941%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 522.1kcal (26.11%), Fat: 37.51g (57.71%), Saturated Fat: 15.54g (97.13%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 20.21g (7.35%), Sugar: 1.2g (1.33%), Cholesterol: 256.1mg (85.37%), Sodium: 1705.58mg (74.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.66g (49.33%), Phosphorus: 337.62mg (33.76%), Vitamin B2: 0.5mg (29.58%), Selenium: 20.5µg (29.28%), Vitamin B1: 0.38mg (25.28%), Vitamin B3: 4.81mg (24.05%), Zinc: 3.25mg (21.68%), Vitamin B12: 1.28µg (21.27%), Vitamin B6: 0.4mg (19.9%), Calcium: 192.19mg (19.22%), Folate: 66.16µg (16.54%), Vitamin A: 781.48IU (15.63%), Vitamin B5: 1.45mg (14.48%), Iron: 2.56mg (14.23%), Vitamin D: 1.98µg (13.17%), Potassium: 327.99mg (9.37%), Magnesium: 37.31mg (9.33%), Copper: 0.15mg (7.67%), Vitamin E: 0.91mg (6.09%), Fiber: 1.23g (4.92%), Manganese: 0.09mg (4.56%), Vitamin K: 3.55µg (3.38%), Vitamin C: 1.11mg (1.35%)