



## Sausage and Grits Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



410 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.3 cup butter
- ☐ 5 rib celery with leaves, finely chopped
- ☐ 21 ounce condensed chicken broth undiluted canned
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 tablespoon garlic cloves minced
- ☐ 1 pound sausage meat hot
- ☐ 1 large onion chopped

- ☐ 4 ounces freshly parmesan cheese shredded
- ☐ 1.3 cups grits white yellow stone-ground uncooked
- ☐ 1.3 cups water

## Equipment

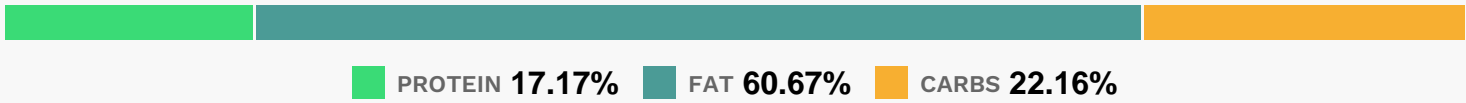
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ cutting board

## Directions

- ☐ Combine broth, water, and grits in a large, heavy saucepan; bring to a boil, stirring constantly. Reduce heat, and simmer, uncovered, 20 to 25 minutes or until very thick, stirring often.
- ☐ Remove from heat, and add Parmesan cheese, stirring to melt cheese. Spoon grits mixture into a 13" x 9" baking pan lined with heavy-duty plastic wrap or coated with cooking spray. Cool completely. Cover and chill grits 2 hours or until very firm.
- ☐ Preheat oven to 45
- ☐ Invert grits onto a large cutting board, and remove plastic wrap.
- ☐ Cut grits into 3/4-inch cubes.
- ☐ Place in a single layer on a large baking sheet or jelly-roll pan coated with cooking spray.
- ☐ Bake at 450 for 20 minutes; turn grits cubes, and bake 12 more minutes or until crisp and browned. Reduce oven temperature to 35
- ☐ Cook sausage in a large skillet, stirring to crumble, until sausage is no longer pink; remove sausage from skillet, reserving drippings in skillet.
- ☐ Add butter to drippings in skillet, and place over medium-high heat until butter melts.
- ☐ Add celery, garlic, and onion; saut&eacute; 5 minutes or until vegetables are tender.
- ☐ Combine onion mixture, sausage, grits cubes, and parsley, tossing gently.

- ☐ Drizzle egg over grits mixture, and toss gently; spoon into an 11" x 7" baking dish coated with cooking spray.
- ☐ Bake, uncovered, at 350 for 40 to 45 minutes or until browned.

# Nutrition Facts



## Properties

Glycemic Index:28.25, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:12.161304318387%

## Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

## Nutrients (% of daily need)

Calories: 410.01kcal (20.5%), Fat: 27.47g (42.26%), Saturated Fat: 12.43g (77.7%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 21.71g (7.9%), Sugar: 1.46g (1.63%), Cholesterol: 95.54mg (31.85%), Sodium: 939.08mg (40.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.5g (35%), Vitamin K: 63µg (60%), Phosphorus: 219.62mg (21.96%), Calcium: 194.82mg (19.48%), Vitamin B3: 3.25mg (16.24%), Vitamin A: 796.16IU (15.92%), Vitamin B1: 0.23mg (15.05%), Selenium: 9.89µg (14.12%), Vitamin B6: 0.27mg (13.59%), Zinc: 1.95mg (13%), Vitamin B2: 0.21mg (12.46%), Vitamin B12: 0.74µg (12.31%), Vitamin C: 7.1mg (8.61%), Iron: 1.44mg (8.02%), Potassium: 265.12mg (7.57%), Vitamin B5: 0.72mg (7.21%), Magnesium: 26.88mg (6.72%), Vitamin D: 0.93µg (6.22%), Manganese: 0.12mg (5.75%), Copper: 0.1mg (4.9%), Folate: 15.52µg (3.88%), Fiber: 0.86g (3.45%), Vitamin E: 0.49mg (3.25%)