



Sausage-and-Grits Quiche

 Gluten Free

READY IN



130 min.

SERVINGS



6

CALORIES



676 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 cup asiago cheese grated
- 4 oz freshly cheddar cheese shredded white divided
- 3 large eggs lightly beaten
- 10 oz pkt spinach frozen chopped
- 1 cup regular grits uncooked
- 0.3 teaspoon ground pepper black
- 16 oz sausage meat
- 2 cups chicken broth reduced-sodium

- 0.5 teaspoon salt
- 1 cup whipping cream
- 1.5 tablespoons cornmeal plain white

Equipment

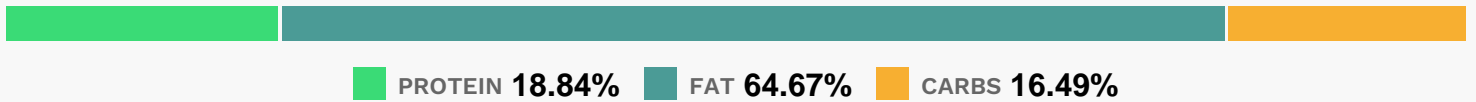
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- wire rack
- plastic wrap
- baking pan
- aluminum foil

Directions

- Thaw spinach; drain well, pressing between paper towels.
- Cook sausage in a large skillet over medium-high heat, stirring often, 5 minutes or until sausage crumbles and is no longer pink; remove from skillet, and drain.
- Preheat oven to 350
- Bring broth, cream, and salt to a boil in a large saucepan over medium-high heat. Gradually whisk in grits, and return to a boil. Cover, reduce heat to medium-low, and simmer, whisking occasionally, 12 to 15 minutes or until thickened.
- Remove from heat; stir in Asiago, pepper, and 3/4 cup Cheddar until melted. (
- Mixture will be very thick.)
- Gradually stir about one-fourth of hot grits into eggs; stir egg mixture into remaining hot grits. Stir in spinach and sausage until blended.
- Sprinkle bottom and sides of a lightly greased 10-inch deep-dish pie plate with cornmeal. Spoon grits mixture into pie plate; sprinkle with remaining Cheddar cheese.
- Bake at 350 for 55 minutes or until set.

- Remove from oven to a wire rack, and cool 30 minutes.
- To Freeze: Prepare recipe as directed through Step Cover tightly with plastic wrap and heavy-duty aluminum foil.
- Place quiche in a 2-gal. zip-top plastic freezer bag. Freeze up to 1 month. Thaw in refrigerator 24 hours.
- Let stand at room temperature 30 minutes, and bake as directed.
- Note: Recipe may be doubled and baked in a 13- x 9-inch baking dish for 1 hour.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:27.82608703945%

Nutrients (% of daily need)

Calories: 675.79kcal (33.79%), Fat: 48.67g (74.87%), Saturated Fat: 23.14g (144.64%), Carbohydrates: 27.92g (9.31%), Net Carbohydrates: 25.85g (9.4%), Sugar: 2.06g (2.29%), Cholesterol: 222.49mg (74.16%), Sodium: 1170.35mg (50.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.91g (63.81%), Vitamin K: 178.38µg (169.88%), Vitamin A: 6690.88IU (133.82%), Phosphorus: 449.66mg (44.97%), Calcium: 443.32mg (44.33%), Selenium: 25.22µg (36.03%), Vitamin B2: 0.56mg (33.13%), Vitamin B3: 5.35mg (26.77%), Zinc: 3.74mg (24.95%), Vitamin B12: 1.41µg (23.46%), Vitamin B6: 0.46mg (22.9%), Folate: 89.85µg (22.46%), Vitamin B1: 0.32mg (21.59%), Manganese: 0.4mg (20.19%), Magnesium: 75.31mg (18.83%), Potassium: 568.53mg (16.24%), Iron: 2.91mg (16.14%), Vitamin E: 2.33mg (15.53%), Vitamin D: 2.31µg (15.43%), Vitamin B5: 1.38mg (13.79%), Copper: 0.22mg (10.91%), Fiber: 2.07g (8.27%), Vitamin C: 3.37mg (4.08%)