



Sausage, Pepper, and Grits Casserole

READY IN



85 min.

SERVINGS



8

CALORIES



551 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter
- ☐ 14.5 oz canned tomatoes diced with garlic and onion, drained canned
- ☐ 1 tablespoon canola oil
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 3 garlic cloves minced
- ☐ 1.5 tablespoons grape jelly

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 teaspoon kosher salt
- ☐ 1.5 cups chicken broth organic reduced-sodium
- ☐ 1 cup milk
- ☐ 0.5 cup quick-cooking grits uncooked
- ☐ 2 large bell peppers red sliced
- ☐ 1 medium size onion red sliced
- ☐ 1 teaspoon red wine vinegar
- ☐ 19 oz mild sausage italian
- ☐ 8 oz sharp cheddar cheese shredded
- ☐ 8 servings cheese grits crust
- ☐ 8 servings cheese grits crust

Equipment

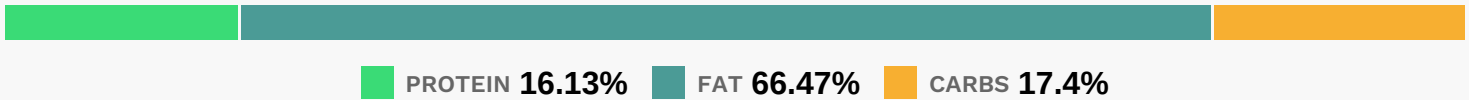
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Prepare Grits Crust: Bring milk and 1 cup water to a boil in a large saucepan over medium heat; add grits, and cook, stirring often, 5 minutes or until thickened. Stir in cheese and next 3 ingredients; remove from heat.
- ☐ Gradually stir about one-fourth of hot grits mixture into eggs; add egg mixture to remaining hot grits mixture, stirring until blended.
- ☐ Prepare Sausage Filling: Preheat oven to 37
- ☐ Cook sausage in hot oil in a Dutch oven over medium heat 7 to 8 minutes on each side or until browned.

- ☐ Remove sausage from Dutch oven, reserving 1 Tbsp. drippings in Dutch oven.
- ☐ Saut bell peppers and onion in hot drippings 5 minutes or until tender.
- ☐ Add garlic, and saut 2 minutes.
- ☐ Cut sausage into 1/2-inch-thick slices. Stir together tomatoes, bell pepper mixture, and sausage in a large bowl.
- ☐ Melt butter in Dutch oven over medium heat; whisk in flour, and cook, whisking constantly, 4 to 5 minutes or until smooth and medium brown. Gradually whisk in broth, and bring to a boil, whisking constantly.
- ☐ Reduce heat to medium-low; simmer, stirring occasionally, 5 minutes or until thickened. Stir in jelly and next 3 ingredients. Stir into sausage mixture, and spoon into a lightly greased 11- x 7- inch baking dish. Gently spread Cheese Grits Crust over top.
- ☐ Bake at 375 for 20 to 25 minutes or until lightly browned.
- ☐ Let casserole stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:59.63, Glycemic Load:6.42, Inflammation Score:-9, Nutrition Score:22.435652048691%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 550.55kcal (27.53%), Fat: 41.14g (63.29%), Saturated Fat: 17.93g (112.07%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 21.4g (7.78%), Sugar: 8.17g (9.08%), Cholesterol: 144.93mg (48.31%), Sodium: 1128.33mg (49.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.46g (44.92%), Vitamin C: 61.66mg (74.74%), Selenium: 31.19µg (44.56%), Vitamin A: 2015.06IU (40.3%), Vitamin B1: 0.57mg (37.85%), Phosphorus: 350.25mg (35.03%), Calcium: 292.1mg (29.21%), Vitamin B2: 0.48mg (28.03%), Vitamin B6: 0.52mg (26.19%), Vitamin B3: 4.6mg (23%), Vitamin B12: 1.25µg (20.76%), Zinc: 2.99mg (19.95%), Folate: 67.83µg (16.96%), Potassium: 584.45mg (16.7%), Iron: 2.74mg (15.23%), Manganese: 0.3mg (15.18%), Vitamin E: 2.13mg (14.21%), Magnesium: 46.87mg (11.72%), Copper: 0.23mg (11.56%), Fiber: 2.84g (11.36%), Vitamin B5: 1.12mg (11.22%), Vitamin

K: 7.58µg (7.22%), Vitamin D: 0.76µg (5.04%)