



Southern Grits Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



16

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup butter divided
- 12 eggs
- 2 cups grits uncooked
- 1 pound sausage meat
- 0.5 cup milk
- 16 servings salt and pepper to taste
- 3 cups cheddar cheese shredded divided
- 6 cups water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking dish.
- Bring water to a boil in a large saucepan, and stir in grits. Reduce heat, cover, and simmer about 5 minutes, until liquid has been absorbed.
- Mix in 1/2 the butter and 2 cups cheese until melted.
- In a skillet over medium-high heat, cook the sausage until evenly browned.
- Drain, and mix into the grits. Beat together the eggs and milk in a bowl, and pour into the skillet. Lightly scramble, then mix into the grits.
- Pour the grits mixture into the prepared baking dish. Dot with remaining butter, and top with remaining cheese. Season with salt and pepper.
- Bake 30 minutes in the preheated oven, until lightly browned.

Nutrition Facts



PROTEIN 17.85% **FAT 62.86%** **CARBS 19.29%**

Properties

Glycemic Index:8.94, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:8.8908696271803%

Nutrients (% of daily need)

Calories: 347.6kcal (17.38%), Fat: 24.09g (37.07%), Saturated Fat: 11.41g (71.33%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 16.32g (5.94%), Sugar: 0.69g (0.76%), Cholesterol: 180.53mg (60.18%), Sodium: 612.66mg (26.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.8%), Selenium: 19.66µg (28.08%), Phosphorus: 224.29mg (22.43%), Calcium: 185.08mg (18.51%), Vitamin B2: 0.3mg (17.62%), Vitamin B12: 0.81µg (13.54%), Zinc: 1.95mg (12.97%), Vitamin A: 643.12IU (12.86%), Vitamin B6: 0.19mg (9.55%), Vitamin B5: 0.91mg

(9.14%), Vitamin B1: 0.13mg (8.49%), Vitamin D: 1.24µg (8.26%), Vitamin B3: 1.61mg (8.07%), Iron: 1.12mg (6.25%), Folate: 21.43µg (5.36%), Magnesium: 20.86mg (5.22%), Potassium: 172.06mg (4.92%), Vitamin E: 0.73mg (4.85%), Copper: 0.08mg (3.93%), Manganese: 0.03mg (1.71%), Fiber: 0.31g (1.25%), Vitamin K: 1.3µg (1.24%)