



Spicy Sausage Grits

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



950 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons butter
- ☐ 10.8 ounce condensed cream of cheddar cheese soup canned
- ☐ 28 ounce chicken broth canned
- ☐ 2 cups kernel corn whole frozen thawed
- ☐ 2 cups regular grits uncooked
- ☐ 2 cups heavy whipping cream
- ☐ 1.5 teaspoons hot sauce
- ☐ 1 jalapeno minced

- ☐ 1.5 teaspoons salt
- ☐ 0.5 pound sausage smoked with hillshire farms) hot sliced

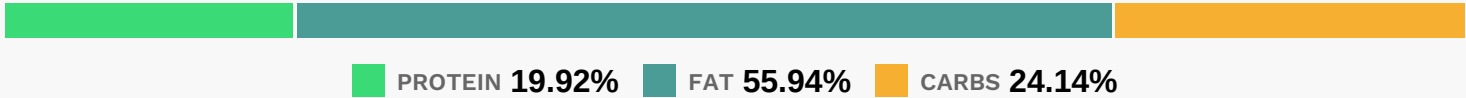
Equipment

- ☐ slow cooker

Directions

- ☐ Combine first 8 ingredients in a 4-quart slow cooker. Stir in sausage.
- ☐ * Cover and cook on LOW 4 1/2 hours or until thickened, stirring once after 3 hours. Stir in butter, and serve immediately.
- ☐ Sausage Substitution Tip: Use andouille sausage or regular smoked sausage if you find the hot smoked sausage too spicy.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.03, Inflammation Score:-8, Nutrition Score:17.573043615922%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 950.3kcal (47.51%), Fat: 58.47g (89.95%), Saturated Fat: 29.31g (183.21%), Carbohydrates: 56.77g (18.92%), Net Carbohydrates: 55.47g (20.17%), Sugar: 3.58g (3.98%), Cholesterol: 199.71mg (66.57%), Sodium: 1980.69mg (86.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.86g (93.71%), Selenium: 40.6µg (57.99%), Vitamin A: 1918.05IU (38.36%), Phosphorus: 349.73mg (34.97%), Vitamin B12: 2.03µg (33.88%), Zinc: 4.66mg (31.07%), Vitamin B3: 5.5mg (27.48%), Vitamin B2: 0.38mg (22.28%), Vitamin B6: 0.43mg (21.57%), Potassium: 717.07mg (20.49%), Iron: 2.82mg (15.69%), Magnesium: 55.32mg (13.83%), Vitamin B1: 0.19mg (12.73%), Vitamin D: 1.82µg (12.12%), Calcium: 94.22mg (9.42%), Vitamin E: 1.4mg (9.34%), Copper: 0.15mg (7.69%), Vitamin B5: 0.64mg (6.37%), Vitamin K: 6.68µg (6.36%), Folate: 25.33µg (6.33%), Vitamin C: 4.84mg (5.87%), Fiber: 1.31g (5.23%), Manganese: 0.1mg (5.11%)