

# Grits Soufflé with Greens and Sweet Onion

Yield: 6 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-grits-recipe-shrimp>

## Ingredients:

- 4 tablespoons unsalted butter plus more for greasing
- Swiss chard
- 1/2 pound greens
- 1/2 Vidalia onion chopped
- 1 garlic clove chopped
- 1/4 cup chicken broth
- 1 3/4 cups milk
- 1/2 cup heavy cream
- 3/4 cup grits
- 3 green onions white and pale green portions only, chopped
- 1 1/2 teaspoons fresh thyme leaves
- freshly ground pepper Salt and, to taste
- 1/2 cup shredded cheddar cheese
- 3 eggs separated
- 1/2 cup parmigiano reggiano cheese grated

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 180 milligrams
4. Fat: 26 grams
5. Fiber: 3 grams
6. Protein: 16 grams
7. SaturatedFat: 15 grams
8. Sodium: 370 milligrams
9. Sugar: 6 grams

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