

# Southern Grits Casserole

Yield: 16 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/white-corn-grits-southern-style-recipe>

## Ingredients:

- 6 cups water
- 2 cups grits uncooked
- 1/2 cup butter divided
- 3 cups shredded cheddar cheese divided
- 1 pound ground pork sausage
- 12 eggs
- 1/2 cup milk
- salt
- pepper

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 215 milligrams
4. Fat: 23 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 12 grams
8. Sodium: 300 milligrams
9. Sugar: 1 grams

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