



Andrew Carmellini's Green Grits

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



370 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup cilantro leaves fresh
- ☐ 4 ounce chilis diced green canned (preferably Hatch brand, fire-roasted)
- ☐ 0.5 cup spring onion chopped
- ☐ 1 cup grits
- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sharp cheddar cheese grated

- ☐ 3 tablespoons butter unsalted
- ☐ 1.5 cups milk whole

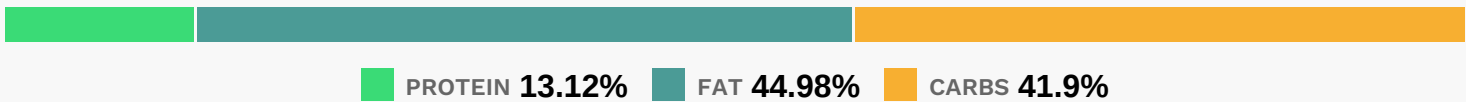
Equipment

- ☐ food processor
- ☐ whisk
- ☐ pot

Directions

- ☐ Combine the milk and 2 1/2 cups of water in a medium-sized pot, and bring the mixture up to a simmer over medium-high heat.
- ☐ Mix in the salt and pepper. Then whisk in the grits, pouring them in slowly and whisking continuously until they're smooth, with no lumps. The grits should look a little like oatmeal, only finer.
- ☐ Turn the heat down to medium-low and keep cooking, whisking regularly so nothing sticks.
- ☐ Meanwhile, combine the cilantro leaves, diced green chiles, and green onions in a food processor and pulse for 30 seconds or so, until everything is finely chopped.
- ☐ When the grits have cooked through and thickened, pull the pot off the heat and add the cilantro mixture.
- ☐ Whisk everything together so the grits turn green. Then add the butter and whisk again, so the butter melts in.
- ☐ Whisk in the grated cheddar and Parmesan cheeses.
- ☐ Serve it up hot.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:1.95, Inflammation Score:-7, Nutrition Score:11.968695723492%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 370.32kcal (18.52%), Fat: 18.59g (28.61%), Saturated Fat: 10.85g (67.83%), Carbohydrates: 38.97g (12.99%), Net Carbohydrates: 37.37g (13.59%), Sugar: 5.04g (5.6%), Cholesterol: 53.12mg (17.71%), Sodium: 935.88mg (40.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.21g (24.42%), Vitamin K: 40.26µg (38.34%), Calcium: 294.31mg (29.43%), Phosphorus: 237.78mg (23.78%), Vitamin A: 1121.31IU (22.43%), Selenium: 14.87µg (21.24%), Vitamin C: 13.13mg (15.91%), Vitamin B2: 0.25mg (14.98%), Vitamin B12: 0.75µg (12.43%), Zinc: 1.43mg (9.55%), Vitamin B6: 0.18mg (8.83%), Potassium: 306.39mg (8.75%), Vitamin D: 1.28µg (8.53%), Magnesium: 32.84mg (8.21%), Vitamin B1: 0.12mg (8.06%), Folate: 31.44µg (7.86%), Vitamin B5: 0.68mg (6.8%), Fiber: 1.61g (6.42%), Iron: 1.1mg (6.14%), Manganese: 0.12mg (6.13%), Vitamin B3: 0.87mg (4.36%), Vitamin E: 0.6mg (3.99%), Copper: 0.06mg (3.11%)