



Appalachian Hiking Grits

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

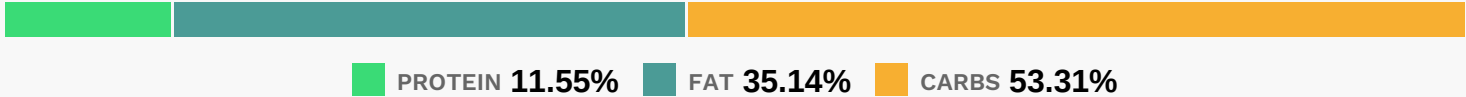
- ☐ 0.1 teaspoon mustard dry
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 cup regular grits uncooked
- ☐ 0.1 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 1 ounce sharp cheddar cheese shredded
- ☐ 2 teaspoons stick margarine
- ☐ 2 cups water

Equipment

Directions

- ☐
- Bring first 5 ingredients to a boil. Stir in grits; cover, reduce heat, and simmer 20 minutes, stirring occasionally. Stir in cheese and butter.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:2.0408695940252%

Nutrients (% of daily need)

Calories: 120.1kcal (6%), Fat: 4.66g (7.17%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 15.55g (5.65%), Sugar: 0.16g (0.18%), Cholesterol: 7.09mg (2.36%), Sodium: 221.21mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.89%), Selenium: 5.5µg (7.86%), Calcium: 55.33mg (5.53%), Phosphorus: 48.75mg (4.88%), Vitamin A: 231.7IU (4.63%), Zinc: 0.36mg (2.43%), Vitamin B2: 0.04mg (2.42%), Magnesium: 8.93mg (2.23%), Vitamin B1: 0.03mg (1.95%), Vitamin B6: 0.04mg (1.92%), Copper: 0.04mg (1.89%), Fiber: 0.36g (1.43%), Iron: 0.24mg (1.32%), Manganese: 0.03mg (1.31%), Vitamin B12: 0.08µg (1.29%), Vitamin B5: 0.13mg (1.29%), Vitamin B3: 0.25mg (1.24%), Potassium: 37.36mg (1.07%), Vitamin E: 0.15mg (1.01%)