



Asiago Cheese Grits

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 oz asiago cheese shredded
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 1 cup grits stone-ground uncooked

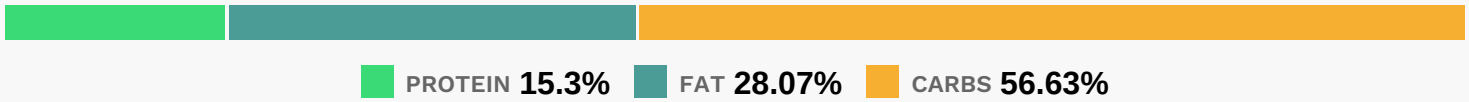
Equipment

- ☐ sieve
- ☐ slow cooker

Directions

- ☐ Stir together grits and 3 cups water in a 3-qt. slow cooker.
- ☐ Let stand 1 to 2 minutes, allowing grits to settle to bottom; tilt slow cooker slightly, and skim off solids using a fine wire-mesh strainer. Cover and cook on HIGH 2 1/2 to 3 hours or until grits are creamy and tender, stirring every 45 minutes.
- ☐ Stir in cheese and next 3 ingredients.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:2.7034782508145%

Nutrients (% of daily need)

Calories: 150.65kcal (7.53%), Fat: 4.65g (7.15%), Saturated Fat: 2.79g (17.45%), Carbohydrates: 21.11g (7.04%), Net Carbohydrates: 20.65g (7.51%), Sugar: 0.24g (0.27%), Cholesterol: 11.44mg (3.81%), Sodium: 360.47mg (15.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.41%), Calcium: 113.82mg (11.38%), Selenium: 6.58µg (9.4%), Phosphorus: 85.39mg (8.54%), Vitamin A: 188.66IU (3.77%), Magnesium: 11.51mg (2.88%), Manganese: 0.05mg (2.56%), Vitamin B1: 0.04mg (2.52%), Vitamin B2: 0.04mg (2.52%), Zinc: 0.37mg (2.47%), Vitamin B6: 0.05mg (2.37%), Iron: 0.36mg (1.98%), Vitamin B12: 0.12µg (1.96%), Fiber: 0.46g (1.83%), Vitamin B5: 0.17mg (1.74%), Vitamin B3: 0.34mg (1.7%), Potassium: 47.13mg (1.35%), Copper: 0.02mg (1.24%)