



Asiago Grits

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



436 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 28 oz chicken broth canned
- ☐ 8 oz chive-and-onion cream cheese
- ☐ 0.3 teaspoon ground pepper white
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.8 cup quick-cooking grits uncooked

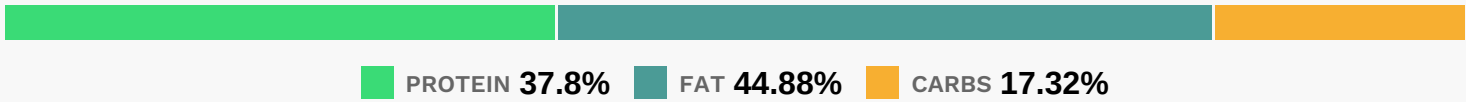
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring chicken broth to a boil in a medium saucepan over medium-high heat; gradually whisk in grits. Cover, reduce heat to medium-low, and simmer, stirring occasionally, 12 to 15 minutes or until thickened.
- ☐ Add cheeses and pepper, stirring until melted.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:11.18086952052%

Nutrients (% of daily need)

Calories: 435.6kcal (21.78%), Fat: 21.31g (32.79%), Saturated Fat: 9.66g (60.36%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 17.59g (6.4%), Sugar: 1.42g (1.58%), Cholesterol: 95.25mg (31.75%), Sodium: 946.94mg (41.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.38g (80.76%), Selenium: 26.22µg (37.46%), Phosphorus: 291.11mg (29.11%), Zinc: 3.71mg (24.72%), Vitamin B12: 1.42µg (23.72%), Vitamin B3: 4.09mg (20.44%), Calcium: 163.51mg (16.35%), Vitamin B6: 0.31mg (15.45%), Iron: 2.45mg (13.62%), Vitamin A: 658.34IU (13.17%), Vitamin B2: 0.22mg (13.01%), Magnesium: 37.94mg (9.49%), Folate: 31.73µg (7.93%), Vitamin B1: 0.11mg (7.37%), Potassium: 237.15mg (6.78%), Copper: 0.09mg (4.5%), Fiber: 0.91g (3.64%), Vitamin K: 3.18µg (3.03%), Vitamin E: 0.44mg (2.94%), Manganese: 0.05mg (2.3%), Vitamin D: 0.17µg (1.16%)