



Baked Cheese Grits

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



164 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 Tbsp butter
- 2 eggs
- 0.5 tsp garlic powder
- 0.3 tsp ground pepper red (cayenne)
- 1 cup quick-cooking grits
- 1 cup sharp cheddar cheese shredded divided kraft
- 4 cups water
- 4 oz velveeta cut into 1/2-inch cubes

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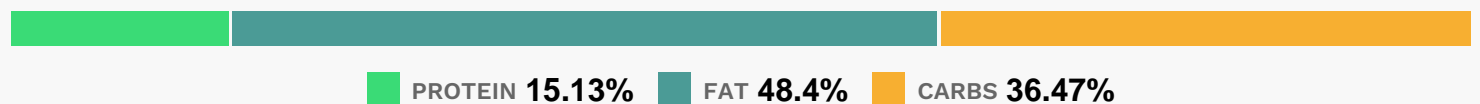
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Bring water to boil in medium saucepan on medium-high heat. Gradually add grits, stirring constantly until blended. Cook on low heat 5 min., stirring occasionally.
- Remove from heat.
- Add 1/2 cup cheddar, VELVEETA, butter, garlic powder and red pepper; stir until cheeses are melted. Set aside. Beat eggs lightly in small bowl.
- Add small amount of hot grits mixture to eggs; mix well. Gradually add egg mixture to remaining hot grits mixture, stirring constantly until blended.
- Pour into 8-inch square baking dish sprayed with cooking spray.
- Bake 30 min.; sprinkle with remaining cheddar.
- Bake 10 min.
- Let stand 10 min. before serving.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:4.9091304820841%

Nutrients (% of daily need)

Calories: 163.83kcal (8.19%), Fat: 8.99g (13.83%), Saturated Fat: 4.93g (30.82%), Carbohydrates: 15.24g (5.08%), Net Carbohydrates: 14.32g (5.21%), Sugar: 0.28g (0.32%), Cholesterol: 62.68mg (20.89%), Sodium: 137.24mg

(5.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.65%), Phosphorus: 119mg (11.9%), Calcium: 111.4mg (11.14%), Selenium: 7.46µg (10.66%), Vitamin B2: 0.18mg (10.33%), Folate: 36.88µg (9.22%), Vitamin B1: 0.12mg (7.8%), Vitamin A: 313.05IU (6.26%), Zinc: 0.85mg (5.68%), Iron: 0.88mg (4.9%), Vitamin B3: 0.91mg (4.57%), Vitamin B12: 0.25µg (4.23%), Vitamin B6: 0.08mg (4.15%), Magnesium: 15.69mg (3.92%), Fiber: 0.92g (3.68%), Vitamin B5: 0.29mg (2.9%), Copper: 0.05mg (2.66%), Manganese: 0.05mg (2.41%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.3µg (2.03%), Potassium: 57.36mg (1.64%)