



## Baked Garlic-Cheese Grits



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 tablespoon butter
- ☐ 6 ounces extrasharp cheddar cheese shredded divided reduced-fat
- ☐ 2 large eggs
- ☐ 2 teaspoons garlic powder
- ☐ 0.8 cup milk 2% reduced-fat
- ☐ 0.5 teaspoon pepper sauce hot (such as Tabasco)
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 1.3 teaspoons salt

☐ 4 cups water

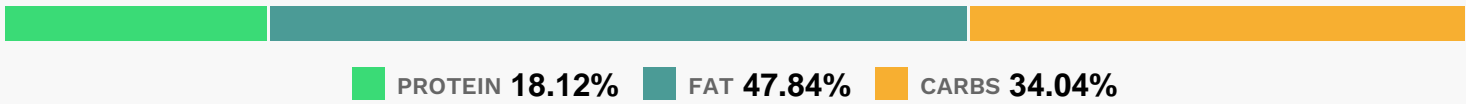
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Preheat oven to 35
- ☐ Bring water and salt to a boil in a medium saucepan. Gradually add grits, stirring constantly. Cover and simmer 8 minutes or until thick, stirring frequently.
- ☐ Remove pan from heat.
- ☐ Add 1 cup cheese and butter, stirring until cheese melts.
- ☐ Combine milk and next 3 ingredients (milk through eggs), stirring with a whisk. Stir milk mixture into grits mixture.
- ☐ Pour into an 8-inch square baking dish coated with cooking spray.
- ☐ Bake, uncovered, at 350 for 45 minutes.
- ☐ Sprinkle with 1/2 cup cheese; bake an additional 15 minutes or until cheese melts.
- ☐ Let grits stand for 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:10.25, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:6.5934782429882%

## Nutrients (% of daily need)

Calories: 194.94kcal (9.75%), Fat: 10.53g (16.2%), Saturated Fat: 5.7g (35.63%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 15.91g (5.79%), Sugar: 1.44g (1.6%), Cholesterol: 73.29mg (24.43%), Sodium: 555.15mg (24.14%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.96%), Calcium: 189.42mg (18.94%), Phosphorus: 176.75mg (17.67%), Selenium: 10.61µg (15.15%), Vitamin B2: 0.25mg (14.98%), Folate: 40.36µg (10.09%), Vitamin B1: 0.13mg (8.7%), Zinc: 1.25mg (8.37%), Vitamin B12: 0.46µg (7.61%), Vitamin A: 347.25IU (6.95%), Vitamin B6: 0.11mg (5.36%), Iron: 0.96mg (5.31%), Magnesium: 20.56mg (5.14%), Vitamin B3: 0.94mg (4.69%), Vitamin B5: 0.42mg (4.23%), Fiber: 0.96g (3.83%), Copper: 0.06mg (3.05%), Potassium: 101.41mg (2.9%), Manganese: 0.06mg (2.89%), Vitamin D: 0.38µg (2.52%), Vitamin E: 0.34mg (2.29%)