

Breakfast Grits

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



228 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 servings pepper black freshly ground
- 1 tablespoon butter
- 1 cup grits
- 0.5 teaspoon salt
- 0.5 cup sharp cheddar cheese shredded
- 3 cups water

Equipment

- sauce pan

whisk

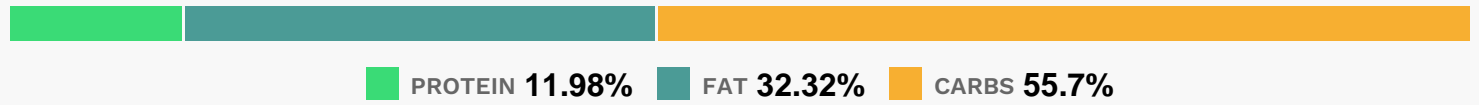
Directions

Bring the water and salt to a boil in a saucepan.

Whisk in the grits and continue to whisk for 1 minute. When the mixture comes to a boil again, turn the heat to low. Stir frequently, cook for 10 to 15 minutes.

Remove the grits from the heat and add pepper, butter and cheese; mix well. Stir until the butter and cheese are melted.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:3.7556521581567%

Nutrients (% of daily need)

Calories: 227.67kcal (11.38%), Fat: 8.11g (12.48%), Saturated Fat: 4.57g (28.58%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 30.81g (11.2%), Sugar: 0.3g (0.33%), Cholesterol: 21.65mg (7.22%), Sodium: 414.85mg (18.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.53%), Selenium: 10.67µg (15.24%), Calcium: 107.43mg (10.74%), Phosphorus: 94.16mg (9.42%), Vitamin A: 313IU (6.26%), Zinc: 0.7mg (4.67%), Vitamin B2: 0.08mg (4.66%), Magnesium: 16.37mg (4.09%), Vitamin B1: 0.06mg (3.67%), Vitamin B6: 0.07mg (3.37%), Copper: 0.06mg (3.19%), Manganese: 0.06mg (2.81%), Fiber: 0.65g (2.6%), Vitamin B12: 0.16µg (2.59%), Vitamin B5: 0.25mg (2.53%), Vitamin B3: 0.48mg (2.39%), Iron: 0.43mg (2.36%), Potassium: 66.54mg (1.9%), Folate: 5.04µg (1.26%), Vitamin E: 0.19mg (1.25%)