



Broccoli-Cheese Grits



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



228 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups broccoli florets frozen
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.8 cup quick-cooking grits uncooked
- ☐ 1 teaspoon salt
- ☐ 4 oz sharp cheddar cheese shredded

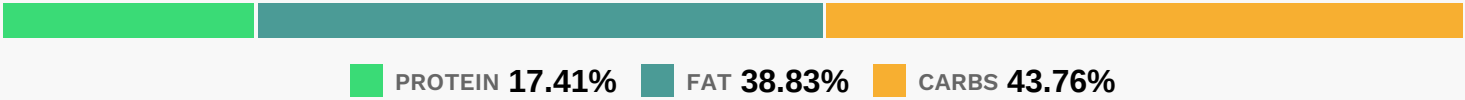
Equipment

- ☐ sauce pan

Directions

☐ Bring 3 cups water and 1 tsp. salt to a boil in a large saucepan over medium-high heat; gradually stir in grits. Reduce heat to medium-low, and cook, stirring often, 5 minutes or until thickened. Stir in broccoli, cheese, and pepper; cook, stirring constantly, 1 minute or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:12.909565319186%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 228.06kcal (11.4%), Fat: 10.19g (15.68%), Saturated Fat: 5.57g (34.82%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 23.26g (8.46%), Sugar: 1.15g (1.27%), Cholesterol: 28.35mg (9.45%), Sodium: 782.4mg (34.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.56%), Vitamin C: 40.59mg (49.2%), Vitamin K: 47.5µg (45.24%), Calcium: 224.39mg (22.44%), Phosphorus: 206.33mg (20.63%), Folate: 77.4µg (19.35%), Vitamin B2: 0.27mg (15.9%), Vitamin B1: 0.2mg (13.45%), Selenium: 9.17µg (13.11%), Vitamin A: 568.89IU (11.38%), Fiber: 2.58g (10.31%), Zinc: 1.49mg (9.91%), Manganese: 0.19mg (9.64%), Vitamin B6: 0.17mg (8.74%), Vitamin B3: 1.64mg (8.22%), Magnesium: 31.25mg (7.81%), Iron: 1.38mg (7.69%), Potassium: 209.57mg (5.99%), Vitamin B12: 0.3µg (5.01%), Vitamin B5: 0.47mg (4.67%), Vitamin E: 0.57mg (3.8%), Copper: 0.07mg (3.3%), Vitamin D: 0.17µg (1.13%)