



WHATSheATE



Carolina Brunch-Style Grits



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



251 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup quick-cooking grits
- ☐ 4 cups water
- ☐ 11 oz corn whole with red and green peppers, drained canned
- ☐ 9 oz spinach frozen thawed chopped
- ☐ 1 oz taco seasoning
- ☐ 2 tablespoons onion chopped
- ☐ 2 tablespoons butter
- ☐ 8 oz cheddar cheese shredded

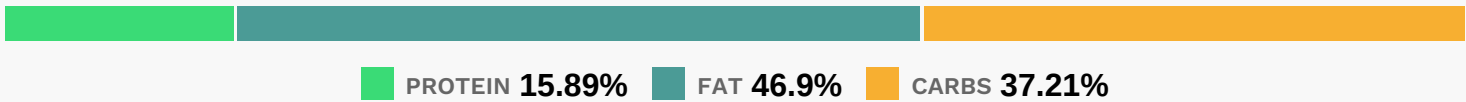
Equipment

- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Cook grits in water as directed on package.
- ☐ In ungreased 13x9-inch (3-quart) glass baking dish, mix cooked grits and remaining ingredients except 1 cup of the cheese.
- ☐ Sprinkle with remaining 1 cup cheese.
- ☐ Bake 22 to 27 minutes or until edges are bubbly and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:17.339999877888%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 250.78kcal (12.54%), Fat: 13.45g (20.69%), Saturated Fat: 6.18g (38.6%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 21.49g (7.82%), Sugar: 1.26g (1.4%), Cholesterol: 28.35mg (9.45%), Sodium: 597.84mg (25.99%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 10.25g (20.5%), Vitamin K: 119.33µg (113.65%), Vitamin A: 4481.54IU (89.63%), Calcium: 248.27mg (24.83%), Folate: 92.5µg (23.13%), Phosphorus: 193.69mg (19.37%), Vitamin B2: 0.27mg (15.61%), Manganese: 0.29mg (14.66%), Selenium: 9.95µg (14.21%), Magnesium: 46.47mg (11.62%), Vitamin B1: 0.15mg (10.19%), Zinc: 1.51mg (10.1%), Fiber: 2.52g (10.09%), Iron: 1.63mg (9.05%), Vitamin E: 1.25mg (8.31%), Vitamin B3: 1.37mg (6.87%), Vitamin B6: 0.13mg (6.38%), Potassium: 209.53mg (5.99%), Copper: 0.11mg (5.38%), Vitamin C: 4.2mg (5.1%), Vitamin B12: 0.3µg (5.07%), Vitamin B5: 0.21mg (2.1%), Vitamin D: 0.17µg (1.13%)