

Carrie's Grit Cakes with Rosanne's Gravy

READY IN

ready

25 min.

SERVINGS

servings

8

CALORIES

calories

134 kcal

Ingredients

- ☐ 0.5 cup chicken stock see
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 cup grits
- ☐ 8 servings pork drippings and pan juices
- ☐ 1 teaspoon salt
- ☐ 8 servings vegetable oil for frying
- ☐ 1 cup water
- ☐ 1 cup milk whole

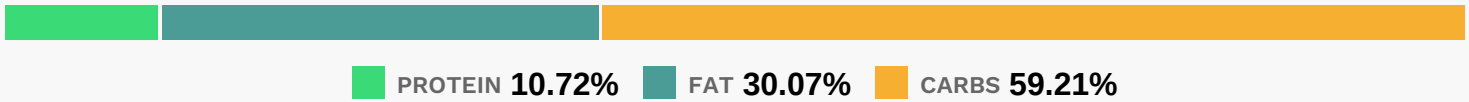
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ cookie cutter
- ☐ wax paper

Directions

- ☐ For Carrie's grit cakes: In a saucepan, bring the milk and 1 cup water to a boil. Stir in the grits, then add the salt.
- ☐ Whisk consistently for 5 minutes.
- ☐ Pour onto a wax paper lined cookie sheet.
- ☐ Let cool and become coagulated. Use a round cookie cutter to shape cakes.
- ☐ Heat vegetable oil in skillet and fry the cakes on both sides until brown.
- ☐ For Rosanne's gravy: In a saucepan, heat the drippings, add the flour and whisk.
- ☐ Add the milk and chicken stock and whisk consistently until smooth and thick.
- ☐ Serve the grits warm with the white gravy.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:2.09, Inflammation Score:-1, Nutrition Score:2.8586956175125%

Nutrients (% of daily need)

Calories: 133.66kcal (6.68%), Fat: 4.43g (6.81%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 19.23g (6.99%), Sugar: 1.84g (2.04%), Cholesterol: 4.83mg (1.61%), Sodium: 326.01mg (14.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.11%), Selenium: 5.42µg (7.75%), Phosphorus: 53.88mg (5.39%), Vitamin B1: 0.08mg (5.14%), Vitamin K: 5.34µg (5.08%), Vitamin B2: 0.08mg (4.64%), Calcium: 39.98mg (4%), Vitamin B3: 0.71mg (3.56%), Vitamin B6: 0.06mg (3.07%), Vitamin B12: 0.17µg (2.86%), Potassium: 94.15mg (2.69%), Magnesium: 10.64mg (2.66%), Vitamin B5: 0.23mg (2.27%), Vitamin D: 0.34µg (2.24%), Manganese: 0.04mg (2.1%), Iron: 0.37mg (2.05%), Vitamin A: 91.66IU (1.83%), Zinc: 0.27mg (1.81%), Folate: 6.92µg (1.73%),

Vitamin E: 0.25mg (1.67%), Copper: 0.03mg (1.62%), Fiber: 0.39g (1.55%)