



WHATSheATE



Charleston Hominy from 'The Lee Bros. Charleston Kitchen



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 3 servings pepper black freshly ground
- ☐ 1 cup grits stone-ground
- ☐ 2 tablespoons butter unsalted
- ☐ 2 cups milk whole

Equipment

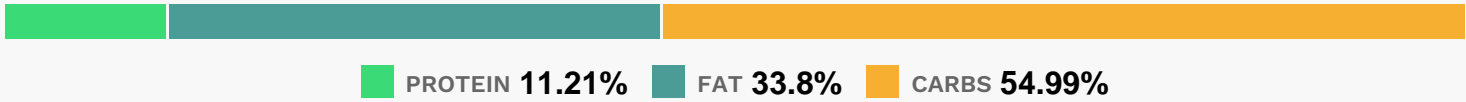
- ☐ frying pan
- ☐ sauce pan

☐ pot

Directions

- ☐ Pour the milk and 2 cups of water into a 2-quart saucepan, cover, and turn the heat to medium high. When the liquid simmers, add the grits, butter, and 1/2 teaspoon salt, and reduce the heat to medium. Stir every couple of minutes until the grits have become fragrant, and are the consistency of thick soup, about 8 minutes.
- ☐ Reduce the heat to low and simmer, stirring often and ever more frequently, for about 20 minutes, by which time the bubbles will emerge infrequently as the grits have stiffened and fall lazily from the end of a spoon.
- ☐ Add 1/2 teaspoon black pepper and cook for about 10 minutes more, stirring constantly to prevent the thickened grits from scorching on the bottom of the pan (appoint someone to the stirring task if you have to step away—a scorched pot of grits is bitter and a total loss). If your grits thicken too quickly, or if they are too gritty for your taste, add water by the half cup, stirring to incorporate, and continue cooking until tender.
- ☐ When the grits are stiff and stick well to the spoon, turn off the heat and stir. Season with salt and black pepper to taste and serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:2.9, Inflammation Score:-4, Nutrition Score:8.0278259930403%

Nutrients (% of daily need)

Calories: 357.69kcal (17.88%), Fat: 13.4g (20.62%), Saturated Fat: 7.9g (49.39%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 48.2g (17.53%), Sugar: 8.16g (9.07%), Cholesterol: 39.59mg (13.2%), Sodium: 63.38mg (2.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10g (20%), Phosphorus: 204.65mg (20.47%), Calcium: 203.8mg (20.38%), Selenium: 12.03µg (17.18%), Vitamin B12: 0.89µg (14.9%), Vitamin B2: 0.25mg (14.63%), Vitamin D: 1.93µg (12.86%), Vitamin A: 608.59IU (12.17%), Vitamin B1: 0.16mg (10.62%), Potassium: 318.81mg (9.11%), Vitamin B6: 0.18mg (8.81%), Vitamin B5: 0.87mg (8.71%), Magnesium: 33.92mg (8.48%), Zinc: 0.89mg (5.93%), Vitamin B3: 0.8mg (4%), Manganese: 0.07mg (3.74%), Fiber: 0.86g (3.43%), Iron: 0.53mg (2.95%), Copper: 0.04mg (2.17%), Vitamin E: 0.3mg (1.99%), Vitamin K: 1.46µg (1.39%)