



Cheddar Cheese Grits

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



378 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 cups milk
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 1.5 cups sharp cheddar cheese shredded
- ☐ 2 teaspoons worcestershire sauce

Equipment

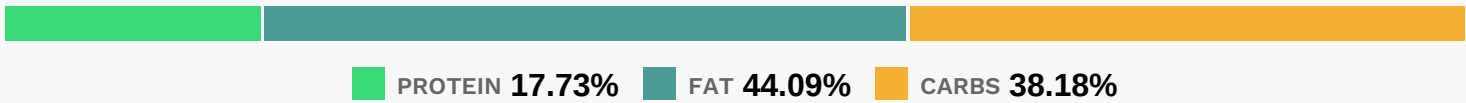
- ☐ sauce pan

☐ whisk

Directions

- ☐ Bring 2 cups milk and 2 cups water to a boil in a 3-quart saucepan over medium-high heat. Gradually whisk in 1 cup uncooked quick-cooking grits and 1 teaspoon seasoned salt. Cover, reduce heat to low, and simmer, stirring occasionally, 10 minutes or until thickened.
- ☐ Add 1 1/2 cups shredded sharp Cheddar cheese, 2 teaspoons Worcestershire sauce, and 1/2 teaspoon ground red pepper, whisking until cheese melts.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:2.47, Inflammation Score:-6, Nutrition Score:13.290434668893%

Nutrients (% of daily need)

Calories: 377.58kcal (18.88%), Fat: 18.86g (29.01%), Saturated Fat: 10.51g (65.68%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 34.89g (12.69%), Sugar: 6.7g (7.45%), Cholesterol: 57.01mg (19%), Sodium: 944.68mg (41.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.06g (34.12%), Calcium: 455.07mg (45.51%), Phosphorus: 381.25mg (38.13%), Vitamin B2: 0.48mg (28.44%), Selenium: 14.35µg (20.5%), Vitamin B1: 0.3mg (19.88%), Vitamin B12: 1.11µg (18.47%), Folate: 66.38µg (16.6%), Zinc: 2.41mg (16.06%), Vitamin A: 728.63IU (14.57%), Magnesium: 45mg (11.25%), Vitamin D: 1.6µg (10.64%), Vitamin B6: 0.21mg (10.48%), Vitamin B3: 1.97mg (9.86%), Iron: 1.55mg (8.63%), Potassium: 298.8mg (8.54%), Vitamin B5: 0.74mg (7.45%), Fiber: 1.84g (7.38%), Manganese: 0.1mg (4.85%), Copper: 0.06mg (3.16%), Vitamin E: 0.46mg (3.04%), Vitamin K: 1.61µg (1.54%)