



## Cheddar-Cheese Grits with Spicy Black Beans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 servings cayenne
- ☐ 1 cup cheddar grated
- ☐ 0.3 cup chicken broth low-sodium homemade canned
- ☐ 1 bell pepper green cut into 3/4-inch squares
- ☐ 1 cup milk
- ☐ 0.1 teaspoon paprika
- ☐ 3 plum tomatoes chopped

- ☐ 0.8 cup quick-cooking grits
- ☐ 1 bell pepper red cut into 3/4-inch squares
- ☐ 1.3 teaspoons salt
- ☐ 6 scallions including tops green sliced thin
- ☐ 0.1 teaspoon all the tabasco sauce you handle
- ☐ 2.5 cups water

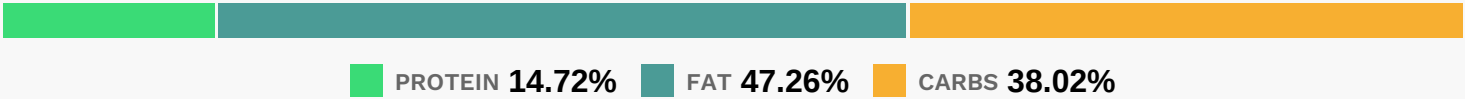
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

## Directions

- ☐ In a medium saucepan, combine the water, milk, 1 tablespoon of the butter, the Tabasco, paprika, 1 teaspoon of the salt, and 1/8 teaspoon cayenne. Bring to a boil over moderately high heat.
- ☐ Add the grits in a slow stream, whisking. Reduce the heat, cover, and simmer, stirring frequently with a wooden spoon, until the grits are very thick, 5 to 10 minutes.
- ☐ Remove the saucepan from the heat and stir in the cheese. Cover to keep warm.
- ☐ Meanwhile, in a large nonstick frying pan, melt the remaining tablespoon of butter over moderate heat.
- ☐ Add the bell peppers and scallions and cook, stirring frequently, until the vegetables start to soften, about 5 minutes.
- ☐ Add the beans, broth, 1/4 teaspoon cayenne, and the remaining 1/4 teaspoon salt. Bring to a simmer and cook, stirring frequently, until the beans are hot, about 5 minutes.
- ☐ Remove from heat and stir in the tomatoes.
- ☐ Serve over the cheese grits.
- ☐ Wine Recommendation: The robust and varied flavors in this dish want a big, spicy, and fruity red wine to match their intensity. Zinfandel seems to have an affinity for black beans, and a sturdy example from the Napa Valley will suit these grits and beans well.

# Nutrition Facts



## Properties

Glycemic Index:68.5, Glycemic Load:2.67, Inflammation Score:-9, Nutrition Score:21.005217489989%

## Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

## Nutrients (% of daily need)

Calories: 335.07kcal (16.75%), Fat: 18.32g (28.19%), Saturated Fat: 10.38g (64.85%), Carbohydrates: 33.16g (11.05%), Net Carbohydrates: 29.1g (10.58%), Sugar: 7.15g (7.94%), Cholesterol: 50.62mg (16.87%), Sodium: 1003.26mg (43.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.84g (25.69%), Vitamin C: 73.38mg (88.94%), Vitamin A: 3028.35IU (60.57%), Vitamin K: 47.6µg (45.34%), Calcium: 308.8mg (30.88%), Phosphorus: 280.74mg (28.07%), Vitamin B2: 0.38mg (22.54%), Folate: 86.19µg (21.55%), Vitamin B6: 0.39mg (19.26%), Vitamin B1: 0.27mg (18.04%), Fiber: 4.05g (16.22%), Potassium: 484.89mg (13.85%), Selenium: 9.54µg (13.63%), Manganese: 0.26mg (13.03%), Vitamin B3: 2.6mg (13.02%), Vitamin E: 1.95mg (13%), Zinc: 1.89mg (12.63%), Magnesium: 48.75mg (12.19%), Vitamin B12: 0.66µg (10.93%), Iron: 1.85mg (10.29%), Copper: 0.15mg (7.36%), Vitamin B5: 0.62mg (6.18%), Vitamin D: 0.84µg (5.6%)