



## Cheddar Grit Cakes with Roasted Peppers

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



227 kcal

### Ingredients

- 1 teaspoon balsamic vinegar
- 2 ounces cheddar cheese shredded
- 2 teaspoons olive oil extravirgin
- 14 ounce fat-skimmed beef broth fat-free canned
- 0.5 teaspoon ground coriander
- 2 teaspoons jalapeno minced
- 1 cup milk 1% low-fat
- 3 medium and orange peppers red
- 0.8 cup quick-cooking grits uncooked

- 0.3 teaspoon salt

## Equipment

- frying pan
- baking sheet
- sauce pan
- baking pan
- aluminum foil
- ziploc bags
- cutting board

## Directions

- To prepare grits, bring the milk and broth to a boil in a medium saucepan. Stir in grits and jalapeo. Cover, reduce heat, and simmer 5 minutes or until thick. Stir in the cheese; cook until cheese melts.
- Spread grits into a 9-inch square baking pan coated with cooking spray; cover and refrigerate for 8 hours or until set.
- To prepare peppers, cut the bell peppers in half lengthwise; discard seeds and membranes.
- Place pepper halves, skin sides up, on a foil-lined baking sheet, and flatten with hand. Broil 15 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand 15 minutes. Peel and cut into 1-inch strips.
- Combine peppers, oil, vinegar, coriander, and salt; toss well.
- Invert grits onto a cutting board.
- Cut grits into 4 (4 1/2-inch) squares.
- Cut each square diagonally into 2 triangles.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add triangles; cook 4 minutes on each side or until lightly browned.
- Serve pepper mixture over grit cakes.

## Nutrition Facts

PROTEIN 15.47% FAT 31.39% CARBS 53.14%

## Properties

Glycemic Index:35.25, Glycemic Load:1.35, Inflammation Score:-10, Nutrition Score:17.954782776211%

## Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 226.92kcal (11.35%), Fat: 8.25g (12.69%), Saturated Fat: 3.46g (21.64%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 28.03g (10.19%), Sugar: 7.44g (8.26%), Cholesterol: 17.12mg (5.71%), Sodium: 671.49mg (29.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.29%), Vitamin C: 117.26mg (142.13%), Vitamin A: 3079.04IU (61.58%), Folate: 89.61µg (22.4%), Phosphorus: 207.79mg (20.78%), Vitamin B6: 0.4mg (20.21%), Vitamin B2: 0.34mg (19.76%), Calcium: 188.4mg (18.84%), Vitamin B1: 0.26mg (17.03%), Vitamin B3: 2.87mg (14.37%), Fiber: 3.38g (13.52%), Vitamin E: 1.91mg (12.71%), Vitamin B12: 0.71µg (11.81%), Selenium: 7.6µg (10.85%), Potassium: 374.14mg (10.69%), Magnesium: 37.56mg (9.39%), Manganese: 0.18mg (9.21%), Iron: 1.59mg (8.84%), Zinc: 1.29mg (8.59%), Vitamin B5: 0.77mg (7.67%), Vitamin K: 6.44µg (6.13%), Vitamin D: 0.73µg (4.89%), Copper: 0.07mg (3.69%)