

Cheese Grits

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



12

CALORIES



322 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 eggs
- 1.3 cups grits
- 0.8 cup butter
- 2 teaspoons hot sauce hot
- 16 ounce processed cheese food cubed
- 2 teaspoons lawry's seasoned salt
- 6 cups water

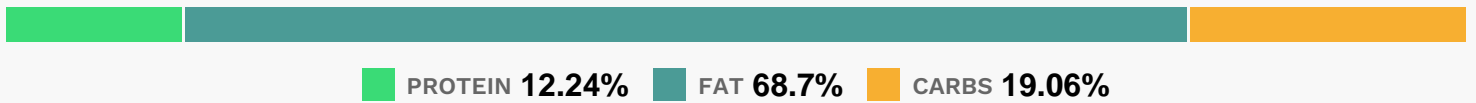
Equipment

- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large pot, bring water to a rolling boil before adding the grits. Reduce the heat to low and stir while they thicken.
- When the mixture is thick, stir in the eggs followed by margarine, cheese, seasoning salt and hot sauce. Stir until the cheese has melted.
- Pour mixture into a 9x13 inch baking dish.
- Bake at 350 degrees F (175 degrees C) for 45 minutes.
- Cut the grits into squares and serve.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:7.66652169953222%

Nutrients (% of daily need)

Calories: 322.35kcal (16.12%), Fat: 24.69g (37.99%), Saturated Fat: 9.57g (59.79%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 15.14g (5.5%), Sugar: 1.01g (1.13%), Cholesterol: 78.72mg (26.24%), Sodium: 1192.32mg (51.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.79%), Calcium: 409.61mg (40.96%), Phosphorus: 280.06mg (28.01%), Selenium: 13.96µg (19.94%), Vitamin A: 962.26IU (19.25%), Vitamin B12: 0.68µg (11.32%), Vitamin B2: 0.15mg (8.91%), Zinc: 1.17mg (7.78%), Vitamin E: 0.86mg (5.72%), Magnesium: 17.48mg (4.37%), Vitamin B5: 0.42mg (4.18%), Iron: 0.61mg (3.39%), Vitamin B6: 0.07mg (3.35%), Vitamin D: 0.45µg (2.98%), Copper: 0.06mg (2.89%), Potassium: 95.82mg (2.74%), Folate: 9.24µg (2.31%), Vitamin B1: 0.03mg (2.28%), Manganese: 0.04mg (1.91%), Vitamin B3: 0.25mg (1.25%), Fiber: 0.28g (1.12%), Vitamin K: 1.08µg (1.03%)