



## Cheese Grits

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



443 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 cup coarse ground cornmeal
- 1.5 teaspoons kosher salt
- 4 ounces sharp cheddar shredded
- 4 tablespoons butter unsalted
- 2 cups water
- 2 cups milk whole

## Equipment

whisk

pot

## Directions

- Place the milk, water, and salt into a large, heavy-bottomed pot over medium-high heat and bring to a boil. Once the milk mixture comes to a boil, gradually add the cornmeal while continually whisking. Once all of the cornmeal has been incorporated, decrease the heat to low and cover.
- Remove lid and whisk frequently, every 3 to 4 minutes, to prevent grits from sticking or forming lumps; make sure to get into corners of pot when whisking. Cook for 20 to 25 minutes or until mixture is creamy.
- Remove from the heat, add the pepper and butter, and whisk to combine. Once the butter is melted, gradually whisk in the cheese a little at a time.
- Serve immediately.

## Nutrition Facts

 **PROTEIN 13.15%**  **FAT 54.98%**  **CARBS 31.87%**

## Properties

Glycemic Index:41.38, Glycemic Load:19.67, Inflammation Score:-6, Nutrition Score:12.962608606919%

## Nutrients (% of daily need)

Calories: 442.51kcal (22.13%), Fat: 27.24g (41.91%), Saturated Fat: 15.32g (95.76%), Carbohydrates: 35.54g (11.85%), Net Carbohydrates: 31.74g (11.54%), Sugar: 6.59g (7.32%), Cholesterol: 73.09mg (24.36%), Sodium: 1112.92mg (48.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.67g (29.33%), Calcium: 361.43mg (36.14%), Phosphorus: 346.25mg (34.63%), Vitamin B2: 0.34mg (19.74%), Zinc: 2.8mg (18.68%), Selenium: 12.88µg (18.4%), Magnesium: 66.74mg (16.68%), Vitamin A: 832.93IU (16.66%), Vitamin B6: 0.33mg (16.48%), Vitamin B12: 0.98µg (16.39%), Fiber: 3.8g (15.2%), Manganese: 0.3mg (14.86%), Vitamin B1: 0.2mg (13.12%), Vitamin D: 1.72µg (11.48%), Potassium: 339.69mg (9.71%), Vitamin B5: 0.83mg (8.28%), Iron: 1.27mg (7.05%), Copper: 0.13mg (6.6%), Vitamin B3: 1.13mg (5.67%), Vitamin E: 0.75mg (4.99%), Folate: 19.93µg (4.98%), Vitamin K: 2.52µg (2.4%)