



Cheese Grits

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups milk
- ☐ 2 cups water
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 6 oz cheddar cheese shredded
- ☐ 2 tablespoons spring onion sliced
- ☐ 2 large eggs slightly beaten

- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon paprika

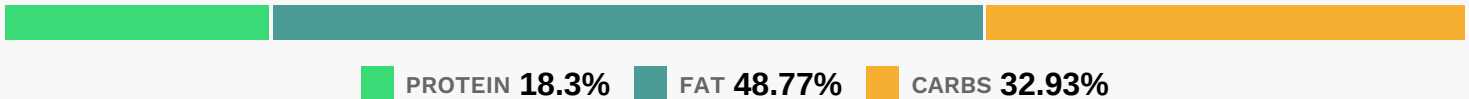
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray 1 1/2-quart casserole with cooking spray.
- ☐ In 2-quart saucepan, heat milk, water, salt and pepper to boiling. Gradually add grits, stirring constantly; reduce heat. Simmer uncovered about 5 minutes, stirring frequently, until thickened. Stir in cheese and onions.
- ☐ Stir 1 cup of the grits mixture into eggs, then stir back into remaining grits in saucepan.
- ☐ Pour into casserole.
- ☐ Cut butter into small pieces; sprinkle over grits.
- ☐ Sprinkle with paprika.
- ☐ Bake uncovered 35 to 40 minutes or until set.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.25, Inflammation Score:-4, Nutrition Score:8.0430435447589%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 218.82kcal (10.94%), Fat: 12.04g (18.53%), Saturated Fat: 5.95g (37.2%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 17.34g (6.3%), Sugar: 3.28g (3.64%), Cholesterol: 75.08mg (25.03%), Sodium: 345.45mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.33%), Calcium: 236.98mg (23.7%), Phosphorus:

215.7mg (21.57%), Vitamin B2: 0.3mg (17.58%), Selenium: 11.03µg (15.76%), Vitamin B12: 0.67µg (11.13%), Vitamin B1: 0.15mg (10.26%), Folate: 39.85µg (9.96%), Vitamin A: 488.04IU (9.76%), Zinc: 1.38mg (9.18%), Vitamin D: 1.05µg (6.99%), Vitamin B6: 0.13mg (6.28%), Magnesium: 24.79mg (6.2%), Vitamin B5: 0.57mg (5.69%), Iron: 0.95mg (5.26%), Vitamin B3: 0.99mg (4.95%), Potassium: 159.29mg (4.55%), Fiber: 0.96g (3.86%), Vitamin K: 3.99µg (3.8%), Manganese: 0.06mg (3.03%), Vitamin E: 0.4mg (2.68%), Copper: 0.05mg (2.45%)