



Cheese Grits

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



311 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup butter
- ☐ 4 eggs beaten
- ☐ 0.3 teaspoon garlic salt
- ☐ 1.5 cups regular grits uncooked
- ☐ 12 ounces sharp cheddar cheese shredded
- ☐ 0.5 teaspoon worcestershire sauce

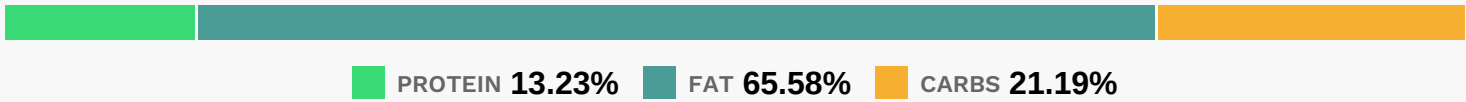
Equipment

- ☐ sauce pan

Directions

- ☐ Cook grits in a medium saucepan according to package directions.
- ☐ Remove from heat; add butter and cheese, stirring until cheese melts. Gradually add beaten eggs. Stir in Worcestershire sauce and garlic salt. Cook over medium heat, stirring until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:6.3639129999539%

Nutrients (% of daily need)

Calories: 311.18kcal (15.56%), Fat: 22.69g (34.91%), Saturated Fat: 8.3g (51.89%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 16.18g (5.88%), Sugar: 0.3g (0.33%), Cholesterol: 82.91mg (27.64%), Sodium: 391.91mg (17.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.59%), Selenium: 15.84µg (22.63%), Calcium: 213.59mg (21.36%), Vitamin A: 912.68IU (18.25%), Phosphorus: 176.53mg (17.65%), Vitamin B2: 0.21mg (12.08%), Zinc: 1.31mg (8.73%), Vitamin B12: 0.45µg (7.42%), Vitamin E: 0.81mg (5.38%), Vitamin B5: 0.45mg (4.48%), Magnesium: 15.14mg (3.78%), Vitamin B6: 0.07mg (3.72%), Folate: 13.98µg (3.5%), Vitamin D: 0.46µg (3.09%), Iron: 0.51mg (2.84%), Vitamin B1: 0.04mg (2.74%), Potassium: 76.75mg (2.19%), Copper: 0.04mg (1.75%), Manganese: 0.03mg (1.39%), Vitamin B3: 0.26mg (1.32%), Fiber: 0.31g (1.25%)