



Cheese Grits Corn Sticks

READY IN



22 min.

SERVINGS



7

CALORIES



166 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 ounce buttermilk cornbread mix
- ☐ 2 tablespoons egg substitute fat-free
- ☐ 1 ounce cheddar cheese shredded reduced-fat
- ☐ 1.5 cups nonfat buttermilk
- ☐ 0.3 cup quick-cooking grits uncooked
- ☐ 1 tablespoon vegetable oil

Equipment

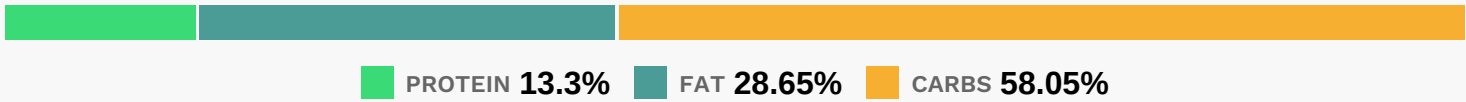
- ☐ bowl

☐ oven

Directions

- ☐ Combine first 3 ingredients in a medium bowl; make a well in center of mixture.
- ☐ Combine buttermilk, egg substitute, and oil; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Place 2 cast-iron corn stick pans coated with cooking spray in a 425 oven for 3 minutes or until hot.
- ☐ Remove pans from oven; spoon batter evenly into pans.
- ☐ Bake at 425 for 15 to 17 minutes or until golden.
- ☐ Remove from pans, and serve warm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.0104347856148%

Nutrients (% of daily need)

Calories: 165.55kcal (8.28%), Fat: 5.26g (8.1%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 23.99g (8%), Net Carbohydrates: 22.16g (8.06%), Sugar: 7.64g (8.49%), Cholesterol: 2.35mg (0.78%), Sodium: 279.16mg (12.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (10.99%), Phosphorus: 150.49mg (15.05%), Vitamin B1: 0.14mg (9.36%), Folate: 31.92µg (7.98%), Fiber: 1.83g (7.33%), Vitamin B2: 0.11mg (6.48%), Selenium: 3.84µg (5.48%), Vitamin B3: 1.07mg (5.37%), Iron: 0.9mg (5.01%), Vitamin K: 4.82µg (4.59%), Manganese: 0.09mg (4.43%), Calcium: 40.8mg (4.08%), Vitamin B6: 0.05mg (2.66%), Magnesium: 9.76mg (2.44%), Vitamin B5: 0.22mg (2.16%), Zinc: 0.31mg (2.04%), Vitamin E: 0.27mg (1.82%), Copper: 0.03mg (1.42%), Potassium: 47.59mg (1.36%)