

Cheesy Baked Grits

 Gluten Free

READY IN



85 min.

SERVINGS



12

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup grits uncooked
- ☐ 1 quart milk
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 teaspoon salt
- ☐ 1 cup cheddar cheese shredded
- ☐ 0.5 teaspoon pepper white

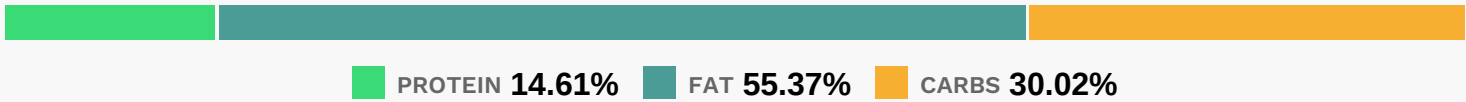
Equipment

- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- ☐ Bring the milk to a boil in a pot over medium heat. Melt 1/2 cup butter in the boiling milk. Gradually mix in the grits, and cook 5 minutes, stirring constantly.
- ☐ Remove from heat, and season with salt and pepper. Beat with a whisk or electric mixer until smooth.
- ☐ Mix in the Cheddar cheese and 1/3 cup butter.
- ☐ Transfer to the prepared baking dish, and sprinkle with Parmesan cheese.
- ☐ Bake 1 hour in the preheated oven, until firm.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:1.46, Inflammation Score:-3, Nutrition Score:5.1617391791357%

Nutrients (% of daily need)

Calories: 196.97kcal (9.85%), Fat: 12.16g (18.71%), Saturated Fat: 7.18g (44.89%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 14.61g (5.31%), Sugar: 3.91g (4.35%), Cholesterol: 36.06mg (12.02%), Sodium: 398.94mg (17.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.44%), Calcium: 202.52mg (20.25%), Phosphorus: 160.35mg (16.03%), Selenium: 7.9µg (11.28%), Vitamin B2: 0.17mg (10.13%), Vitamin B12: 0.59µg (9.88%), Vitamin A: 443.55IU (8.87%), Vitamin D: 0.94µg (6.3%), Zinc: 0.91mg (6.07%), Potassium: 152.64mg (4.36%), Vitamin B1: 0.07mg (4.35%), Magnesium: 17.18mg (4.3%), Vitamin B5: 0.42mg (4.17%), Vitamin B6: 0.08mg (3.87%), Vitamin E: 0.28mg (1.85%), Manganese: 0.03mg (1.28%), Vitamin B3: 0.25mg (1.25%)