



Cheesy Grits

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups milk
- 2 cups water
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 1 cup quick-cooking grits quick
- 6 ounces cheddar cheese shredded
- 0.3 cup spring onion sliced
- 2 eggs slightly beaten

- 1 tablespoon butter
- 0.3 teaspoon paprika

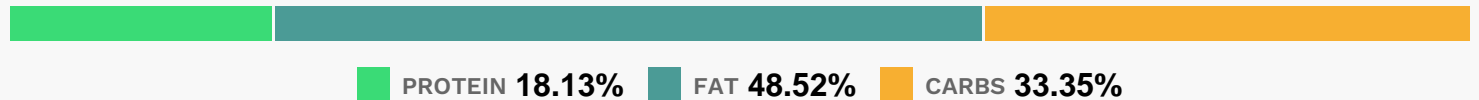
Equipment

- sauce pan
- oven

Directions

- Heat oven to 350°F. Grease 1 1/2-quart casserole.
- Heat milk, water, salt and pepper to boiling in 2-quart saucepan. Gradually add grits, stirring constantly; reduce heat. Simmer uncovered about 5 minutes, stirring frequently, until thick.
- Stir in cheese and onions. Stir 1 cup of the hot mixture into eggs; stir back into remaining hot mixture in saucepan.
- Pour hot mixture into casserole. Dot with butter; sprinkle with paprika.
- Bake uncovered 35 to 40 minutes or until set.
- Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.28, Inflammation Score:-5, Nutrition Score:8.1426086736762%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 217.19kcal (10.86%), Fat: 11.9g (18.31%), Saturated Fat: 5.9g (36.9%), Carbohydrates: 18.41g (6.14%), Net Carbohydrates: 17.4g (6.33%), Sugar: 3.31g (3.68%), Cholesterol: 69.5mg (23.17%), Sodium: 488.92mg (21.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.01g (20.01%), Calcium: 237.4mg (23.74%), Phosphorus: 213.33mg (21.33%), Vitamin B2: 0.29mg (17.25%), Selenium: 10.58µg (15.11%), Vitamin B12: 0.65µg (10.91%), Vitamin B1: 0.15mg (10.28%), Folate: 40.18µg (10.05%), Vitamin A: 496.15IU (9.92%), Zinc: 1.36mg (9.1%), Vitamin K: 7.35µg (7%), Vitamin D: 1.02µg (6.79%), Magnesium: 24.94mg (6.24%), Vitamin B6: 0.12mg (6.21%), Vitamin B5: 0.55mg

(5.48%), Iron: 0.95mg (5.25%), Vitamin B3: 1mg (4.99%), Potassium: 161.74mg (4.62%), Fiber: 1.01g (4.03%),
Manganese: 0.06mg (3.15%), Vitamin E: 0.4mg (2.64%), Copper: 0.05mg (2.47%)