



Cheesy Grits Bread

 Vegetarian

READY IN



25 min.

SERVINGS



15

CALORIES



289 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 5 cups bread flour
- ☐ 10 ounce block cheddar cheese shredded white
- ☐ 2 cups milk
- ☐ 0.8 cup quick-cooking grits uncooked
- ☐ 2 teaspoons salt
- ☐ 0.3 cup sugar
- ☐ 1 cup warm water 100° to 110°
- ☐ 0.5 ounce rapid-rise yeast

Equipment

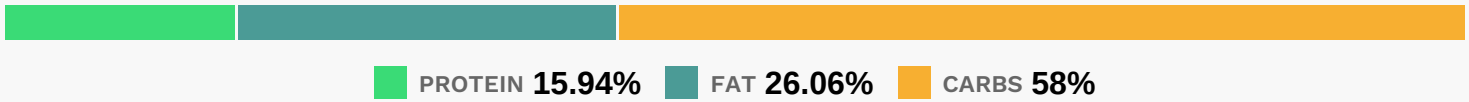
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ stand mixer

Directions

- ☐ Bring milk to a boil in a large sauce-pan over medium heat; stir in grits, and cook, stirring often, 5 minutes (mixture will be very thick).
- ☐ Remove from heat; add salt and cheese, stirring until cheese is melted.
- ☐ Let stand 25 minutes, stirring occasionally.
- ☐ Combine 1 cup warm water, sugar, and yeast in the mixing bowl of a heavy-duty stand mixer; let stand 5 minutes.
- ☐ Add grits mixture, beating at medium-low speed with the dough hook attachment until well blended.
- ☐ Add 4 cups flour, 1 cup at a time, beating until blended after each addition and stopping to scrape down sides as necessary. Gradually add enough flour to make a stiff but slightly sticky dough. Dough will form a ball around mixer attachment.
- ☐ Shape dough into a ball with well-floured hands, and place in a well- greased bowl, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch dough down, and divide into thirds; shape each portion into a loaf.
- ☐ Place into lightly greased 9- x 5-inch loafpans; cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- ☐ Bake at 350 for 35 to 40 minutes or until golden.
- ☐ Let bread cool in pans on wire racks 10 minutes.
- ☐ Remove from pans, and cool completely on wire racks.

- ☐ Note: For testing purposes only, we used Cracker Barrel Vermont Sharp White Cheddar.
- ☐ Bacon-Cheddar Grits Bread: Prepare dough as directed. After dividing dough, roll each third into a 14- x 9-inch rectangle on a lightly floured surface.
- ☐ Sprinkle each dough rectangle evenly with 1/2 cup cooked, crumbled bacon and 3/4 cup shredded sharp Cheddar cheese.
- ☐ Roll up, jelly-roll fashion, starting with each short side and ending at middle of dough. You will form 2 rolls per loaf.
- ☐ Place into prepared loafpans; let rise, and bake as directed.
- ☐ Tomato-Black Olive Grits Bread: Prepare dough as directed. After dividing dough, roll each third into a 14- x 9-inch rectangle on a lightly floured surface.
- ☐ Sprinkle each dough rectangle evenly with 1/2 cup julienne-cut dried tomatoes with herbs in oil (drained and patted dry with paper towels) and 1/2 cup sliced black olives (drained and patted dry with paper towels).
- ☐ Roll up, jelly-roll fashion, starting with each short side and ending at middle of dough. You will form 2 rolls per loaf.
- ☐ Place into prepared loafpans; let rise, and bake as directed.
- ☐ Note: For testing purposes only, we used California Sun-Dry sun-dried julienne cut tomatoes with herbs.
- ☐ Basil Pesto-cheese Grits Bread: Prepare dough as directed. After dividing dough, roll each third into a 14- x 9-inch rectangle on a lightly floured surface.
- ☐ Spread 1/4 cup prepared basil pesto evenly over each dough rectangle; sprinkle each with 3/4 cup shredded mozzarella or crumbled goat cheese.
- ☐ Roll up, jelly-roll fashion, starting with each short side and ending at middle of dough. You will form 2 rolls per loaf.
- ☐ Place into prepared loafpans; let rise, and bake as directed.

Nutrition Facts



Properties

Glycemic Index:13.47, Glycemic Load:22.61, Inflammation Score:-3, Nutrition Score:8.3052175096844%

Nutrients (% of daily need)

Calories: 288.63kcal (14.43%), Fat: 8.34g (12.83%), Saturated Fat: 4.36g (27.28%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 40.16g (14.6%), Sugar: 5.16g (5.73%), Cholesterol: 22.8mg (7.6%), Sodium: 448.32mg (19.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.95%), Selenium: 22.6µg (32.29%), Calcium: 181.16mg (18.12%), Phosphorus: 178.14mg (17.81%), Manganese: 0.35mg (17.67%), Vitamin B1: 0.2mg (13.59%), Folate: 51.23µg (12.81%), Vitamin B2: 0.22mg (12.71%), Zinc: 1.33mg (8.85%), Fiber: 1.61g (6.44%), Vitamin B12: 0.38µg (6.28%), Vitamin B3: 1.2mg (5.98%), Magnesium: 23.73mg (5.93%), Vitamin B5: 0.53mg (5.32%), Copper: 0.1mg (4.88%), Vitamin A: 242.91IU (4.86%), Vitamin B6: 0.08mg (4.12%), Iron: 0.69mg (3.84%), Potassium: 124.98mg (3.57%), Vitamin D: 0.47µg (3.14%), Vitamin E: 0.32mg (2.16%)