



food
network

Cheesy Roasted Garlic Grits



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



593 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 slices cheddar yellow
- ☐ 4 cups chicken stock see
- ☐ 1 head garlic
- ☐ 0.5 cup heavy whipping cream
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 4 servings olive oil for drizzling
- ☐ 1 cup grits stone-ground
- ☐ 0.5 cup cheddar white grated

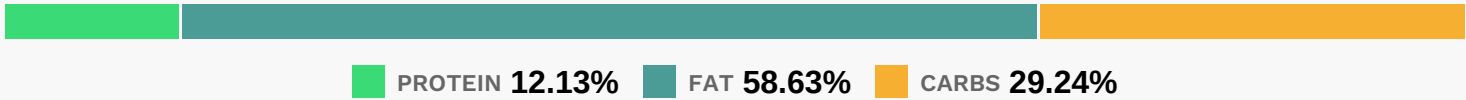
Equipment

- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ aluminum foil

Directions

- ☐ Special equipment: four 3 1/2-inch ramekins
- ☐ Preheat the oven to 400 degrees F. Trim the top off the garlic, drizzle with oil and sprinkle with salt and pepper. Seal the garlic in aluminum foil, place on a baking sheet and roast until the cloves are golden and super soft, 20 to 30 minutes. Squeeze the cloves out, add a pinch of salt and smear with a knife on a flat surface to form a paste. Reserve. Bring the stock to a simmer. Slowly add the grits in small batches, whisking the whole time. Cook, whisking often, until the grits are creamy and tender, 20 to 30 minutes.
- ☐ Remove the grits from the heat and stir in the roasted garlic paste, white Cheddar and cream. Adjust the seasoning with salt and pepper. Carefully ladle the grits into the ramekins on a baking sheet. Top each ramekin with a slice of yellow Cheddar so the slice just comes over the sides of the ramekin.
- ☐ Bake until the cheese is gooey and bubbly, 2 to 3 minutes. Top with freshly ground black pepper and serve!

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.86, Inflammation Score:-6, Nutrition Score:12.395652076472%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 593.42kcal (29.67%), Fat: 38.71g (59.55%), Saturated Fat: 15.59g (97.42%), Carbohydrates: 43.44g (14.48%), Net Carbohydrates: 42.67g (15.52%), Sugar: 5.08g (5.65%), Cholesterol: 71.94mg (23.98%), Sodium: 750.44mg (32.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.04%), Selenium: 22.61µg (32.29%), Phosphorus: 263.79mg (26.38%), Calcium: 260.6mg (26.06%), Vitamin B2: 0.42mg (24.73%), Vitamin B3: 4.34mg (21.72%), Vitamin E: 2.6mg (17.34%), Vitamin A: 840.49IU (16.81%), Vitamin B6: 0.32mg (16.12%), Zinc: 1.79mg (11.94%), Potassium: 385.91mg (11.03%), Vitamin B1: 0.16mg (10.91%), Vitamin K: 10.84µg (10.33%), Copper: 0.19mg (9.67%), Manganese: 0.16mg (8.11%), Magnesium: 32.37mg (8.09%), Iron: 1.17mg (6.51%), Vitamin B12: 0.38µg (6.29%), Folate: 21.89µg (5.47%), Vitamin D: 0.66µg (4.42%), Vitamin B5: 0.44mg (4.35%), Vitamin C: 2.84mg (3.45%), Fiber: 0.77g (3.08%)