

BREAKFAST

Chile-Blue Cheese Grits

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.02	398 kcal

The recipe Chile-Blue Cheese Grits could satisfy your Southern craving in about 45 minutes. This recipe makes 6 servings with 398 calories, 13g of protein, and 27g of fat each. For \$1.02 per serving, this recipe covers 12% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1/3 cup butter or margarine, cubed
- ☐ 2 egg whites, lightly beaten
- ☐ 2 teaspoons chopped fresh basil
- ☐ 1 garlic clove, minced
- ☐ 3 cups milk
- ☐ ¼ teaspoon pepper
- ☐ 1¼ teaspoons salt, divided
- ☐ ½ cup crumbled Saga blue cheese
- ☐ 2 large eggs, lightly beaten
- ☐ 1 teaspoon chopped fresh thyme
- ☐ 4 ounce whole green chiles, drained and chopped
canned
- ☐ 2 tablespoons freshly grated Parmesan cheese
- ☐ 1 cup quick-cooking grits
- ☐ ½ cup whipping cream

EQUIPMENT Sauce pan, Oven, Whisk

Method

- 1

Bring milk, minced garlic, and 1 teaspoon salt to a boil in a medium saucepan; gradually stir in grits. Cover, reduce heat, and simmer, stirring occasionally, 10 minutes.
- 2

Whisk in blue cheese and butter until melted.

- 3 Whisk in remaining 1/4 teaspoon salt, cream, and remaining ingredients; pour into a lightly greased 1 1/2-quart souffl dish.
- 4 Bake at 325 for 1 hour. (Center may be slightly soft.)

Nutrition per serving

398	13 g	27 g	28 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			11.9 g · 74% of daily needs
Fibre			1.6 g · 6% of daily needs
Sugar			6.9 g · 8% of daily needs
Sodium			930 mg · 40% of daily needs
Cholesterol			109 mg · 36% of daily needs
Vitamin C			7.3 mg · 9% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/chile-blue-cheese-grits-148538