



Chili-Cheese Grits

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



312 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 4 ounce chiles green chopped canned
- ☐ 2 large eggs lightly beaten
- ☐ 1 garlic clove pressed
- ☐ 1 cup regular grits
- ☐ 8 ounces sharp cheddar cheese shredded
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook grits according to package directions. Stir in cheese and remaining ingredients. Spoon mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 1 hour or until set.
- ☐ For Chili-Cheese Grits Squares: Chill remaining half of grits.
- ☐ Cut into squares and broil 5 inches from heat 1 minute on each side or until golden.
- ☐ Serve with Beef and Vegetables.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.22, Inflammation Score:-6, Nutrition Score:6.8043477794398%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 311.72kcal (15.59%), Fat: 22.52g (34.65%), Saturated Fat: 8.24g (51.49%), Carbohydrates: 17.28g (5.76%), Net Carbohydrates: 16.72g (6.08%), Sugar: 0.31g (0.34%), Cholesterol: 74.85mg (24.95%), Sodium: 398.35mg (17.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.3%), Calcium: 218.26mg (21.83%), Selenium: 15.27µg (21.82%), Vitamin A: 918.97IU (18.38%), Phosphorus: 174.45mg (17.44%), Vitamin B2: 0.2mg (11.79%), Zinc: 1.3mg (8.66%), Vitamin B12: 0.43µg (7.1%), Vitamin C: 5.04mg (6.11%), Vitamin E: 0.78mg (5.23%), Folate: 20.64µg (5.16%), Vitamin B6: 0.09mg (4.62%), Vitamin B5: 0.43mg (4.29%), Magnesium: 15.55mg (3.89%), Iron: 0.67mg (3.74%), Vitamin B1: 0.04mg (2.83%), Vitamin D: 0.42µg (2.8%), Potassium: 92.27mg (2.64%), Fiber: 0.56g (2.24%), Vitamin B3: 0.36mg (1.78%), Copper: 0.03mg (1.74%), Manganese: 0.03mg (1.66%)