



Cornmeal Pudding with Cheese

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



364 kcal

Ingredients

- 3 cups water
- 0.8 teaspoon salt
- 0.8 cup grits white (hominy)
- 0.8 lb mozzarella cheese cut into 1/2-inch cubes

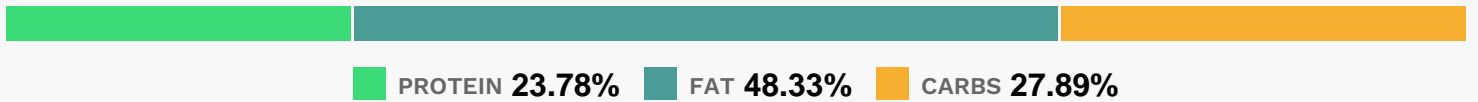
Equipment

- sauce pan

Directions

- Bring water and salt to a boil in a heavy medium saucepan.
- Add grits gradually, stirring, and return to boil. Simmer over low heat, stirring, until thick and porridgelike and grains are tender, about 18 minutes.
- Increase heat to moderate and add mozzarella a little at a time, stirring, until melted into grits. (
- Mixture will be stringy but pliable.)
- Serve piping hot.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:9.6534783166388%

Nutrients (% of daily need)

Calories: 363.66kcal (18.18%), Fat: 19.36g (29.78%), Saturated Fat: 11.23g (70.19%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 24.68g (8.97%), Sugar: 1.06g (1.18%), Cholesterol: 67.19mg (22.4%), Sodium: 978.45mg (42.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.86%), Calcium: 435.67mg (43.57%), Vitamin B12: 1.94µg (32.32%), Phosphorus: 322.42mg (32.24%), Selenium: 19.43µg (27.76%), Zinc: 2.62mg (17.48%), Vitamin B2: 0.25mg (14.85%), Vitamin A: 637.52IU (12.75%), Magnesium: 26.69mg (6.67%), Vitamin B1: 0.06mg (4.24%), Vitamin B6: 0.07mg (3.72%), Iron: 0.67mg (3.72%), Copper: 0.06mg (3%), Potassium: 104.8mg (2.99%), Manganese: 0.06mg (2.88%), Vitamin B5: 0.26mg (2.62%), Vitamin D: 0.34µg (2.27%), Vitamin B3: 0.44mg (2.2%), Vitamin K: 2.04µg (1.95%), Fiber: 0.47g (1.87%), Folate: 7.42µg (1.85%), Vitamin E: 0.16mg (1.08%)