Creamy Cheddar Cheese Grits

🍊 Vegetarian   🌾 Gluten Free

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
115 min.	**10**	**316 kcal**

MORNING MEAL   BRUNCH   BREAKFAST

Ingredients

- [ ] 4 tablespoons butter
- [ ] 1 garlic clove pressed
- [ ] 0.5 teaspoon hot sauce
- [ ] 5 cups milk
- [ ] 2 teaspoons salt
- [ ] 10 oz block sharp cheddar cheese white grated
- [ ] 1.5 cups grits white stone-ground uncooked

Equipment

- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring 2 Tbsp. butter, next 4 ingredients, and 5 cups water to a boil in a medium-size Dutch oven over medium-high heat. Gradually whisk in grits, and bring to a boil. Reduce heat to medium-low, and simmer, stirring occasionally, 1 1/2 hours or until thickened. Stir in cheese and remaining 2 Tbsp. butter until melted.

- ☐ Serve immediately.

- ☐ Quick-Cooking Creamy Cheddar Cheese Grits: Substitute 2 cups uncooked quick-cooking grits for stone-ground grits. Decrease water and milk to 4 1/2 cups each. Prepare recipe as directed, cooking grits 10 to 15 minutes or until thickened.

Nutrition Facts

PROTEIN 16.08%   **FAT 52.19%**   **CARBS 31.73%**
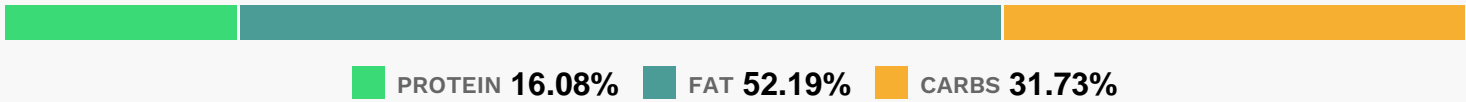
Properties

Glycemic Index:14.5, Glycemic Load:2.38, Inflammation Score:-5, Nutrition Score:8.7604348154172%

Flavonoids

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

Nutrients (% of daily need)

Calories: 316.3kcal (15.82%), Fat: 18.37g (28.26%), Saturated Fat: 10.63g (66.42%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 24.74g (9%), Sugar: 6.12g (6.8%), Cholesterol: 55.03mg (18.34%), Sodium: 738.44mg (32.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.73g (25.47%), Calcium: 353.15mg (35.32%), Phosphorus: 271.97mg (27.2%), Selenium: 14.42µg (20.6%), Vitamin B2: 0.31mg (17.95%), Vitamin B12: 0.97µg (16.15%), Vitamin A: 672.07IU (13.44%), Zinc: 1.65mg (10.98%), Vitamin D: 1.51µg (10.08%), Magnesium: 28.82mg (7.21%), Vitamin B1: 0.11mg (7.19%), Vitamin B5: 0.69mg (6.94%), Potassium: 239.82mg (6.85%), Vitamin B6: 0.13mg (6.63%), Vitamin E: 0.4mg (2.69%), Vitamin B3: 0.43mg (2.14%), Manganese: 0.04mg (1.94%), Folate: 7.31µg (1.83%), Iron: 0.29mg (1.61%), Fiber: 0.38g (1.53%), Copper: 0.03mg (1.47%), Vitamin K: 1.52µg (1.45%)