



Creamy Cheddar Grits

 Vegetarian  Gluten Free

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

388 kcal

- MORNING MEAL
- BRUNCH
- BREAKFAST

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 servings cheddar and scallions grated chopped for garnish
- ☐ 1.3 cups half-and-half
- ☐ 2 teaspoons kosher salt
- ☐ 1 cup quick-cooking grits instant fine not
- ☐ 0.5 cup scallions white green chopped 4 scallions
- ☐ 4 ounces aged sharp cheddar cheese grated
- ☐ 2 tablespoons butter unsalted

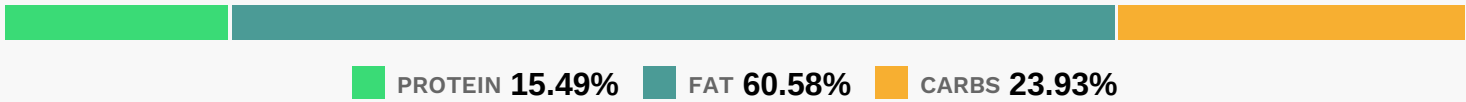
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Bring 4 cups of water to a boil in a heavy 4-quart saucepan.
- ☐ Add the salt, then slowly add the grits in a thin, steady stream, stirring constantly with a wooden spoon. Reduce the heat to low and simmer, stirring occasionally, until the grits thicken, about 5 to 7 minutes.
- ☐ Add the half-and-half and butter to the grits and stir. The mixture will seem thin but it will thicken as it cooks. Bring to a simmer, stirring occasionally. Cover the pot, reduce the heat to low, and cook, stirring occasionally for 45 minutes, until very smooth and creamy. Off the heat, stir in the Cheddar, scallions, and pepper. Season to taste and serve hot with a sprinkle of grated cheese and scallions.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:11.524347823599%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 387.69kcal (19.38%), Fat: 26.57g (40.87%), Saturated Fat: 15.4g (96.25%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 22.17g (8.06%), Sugar: 2.69g (2.99%), Cholesterol: 76.58mg (25.53%), Sodium: 1128.09mg (49.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.29g (30.57%), Calcium: 408.99mg (40.9%), Phosphorus: 317.27mg (31.73%), Vitamin B2: 0.4mg (23.73%), Selenium: 15.56µg (22.23%), Vitamin K: 19.68µg (18.74%), Vitamin A: 869.06IU (17.38%), Zinc: 2.26mg (15.06%), Folate: 55.27µg (13.82%), Vitamin B1: 0.18mg (11.82%), Vitamin B12: 0.62µg (10.37%), Magnesium: 32.4mg (8.1%), Vitamin B3: 1.31mg (6.57%), Vitamin B6: 0.13mg (6.56%), Iron: 1.12mg (6.22%), Fiber: 1.44g (5.77%), Manganese: 0.1mg (4.82%), Potassium: 166.71mg (4.76%), Vitamin

B5: 0.44mg (4.38%), Vitamin E: 0.65mg (4.32%), Copper: 0.06mg (2.91%), Vitamin C: 2.02mg (2.45%), Vitamin D: 0.36µg (2.42%)