



Creamy Cheese Grits

READY IN



85 min.

SERVINGS



12

CALORIES



373 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 cups cheddar grated
- ☐ 2 cups half-and-half
- ☐ 2 jalapeños diced
- ☐ 8 cups chicken broth low-sodium plus more if needed or beef
- ☐ 1 tablespoon oil
- ☐ 1 onion diced
- ☐ 1 bell pepper diced red
- ☐ 4 cups grits stone-ground

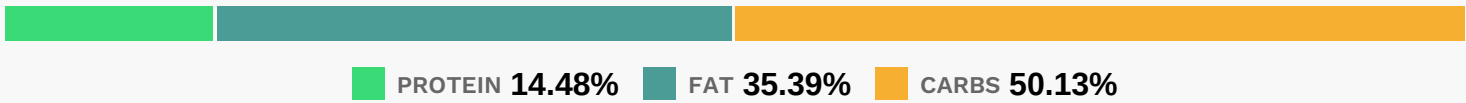
Equipment

☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the butter and oil in a pan and add the jalapenos, onions and bell peppers. Cook until softened, 5 minutes or so.
- ☐ Pour in the grits, followed by the broth and 3 cups water. Stir, and then bring to a boil. Reduce the heat to low, and then cover and cook for 30 to 40 minutes, stirring occasionally.
- ☐ Add the half-and-half. Stir, and then cook until the grits are tender, another 20 to 30 minutes. At any time, add more broth if the grits look like they need more cooking liquid.
- ☐ Remove the grits from the heat and stir in the cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:9.2491305185401%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 373.37kcal (18.67%), Fat: 14.77g (22.72%), Saturated Fat: 7.51g (46.94%), Carbohydrates: 47.08g (15.69%), Net Carbohydrates: 45.82g (16.66%), Sugar: 3.17g (3.52%), Cholesterol: 35.46mg (11.82%), Sodium: 203.83mg (8.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.21%), Selenium: 15.54µg (22.2%), Phosphorus: 215.86mg (21.59%), Vitamin C: 16.5mg (20%), Calcium: 187mg (18.7%), Vitamin A: 807.75IU (16.16%), Vitamin B3: 2.97mg (14.86%), Vitamin B2: 0.24mg (14.25%), Potassium: 314.66mg (8.99%), Vitamin B6: 0.17mg (8.75%), Zinc: 1.26mg (8.42%), Vitamin B12: 0.44µg (7.26%), Magnesium: 27.21mg (6.8%), Copper: 0.14mg (6.77%), Vitamin B1: 0.1mg (6.38%), Iron: 0.97mg (5.38%), Fiber: 1.26g (5.05%), Vitamin B5: 0.5mg (4.98%), Vitamin E: 0.72mg (4.77%), Manganese: 0.08mg (4.13%), Folate: 14.73µg (3.68%), Vitamin K: 3µg (2.86%)