



Creamy Cheese Grits

 Vegetarian  Gluten Free

READY IN



28 min.

SERVINGS



8

CALORIES



95 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 cups less-sodium chicken broth fat-free
- ☐ 1 garlic clove pressed
- ☐ 1.3 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1 cup grits yellow stone-ground uncooked
- ☐ 1.3 cups water

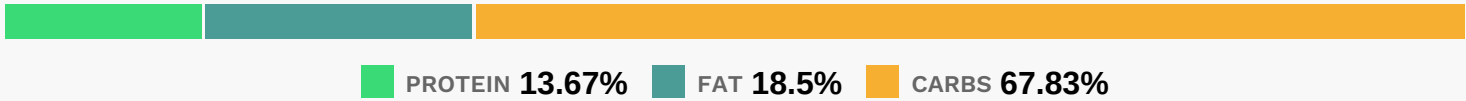
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a 4-quart saucepan. Bring to a boil; partially cover, reduce heat, and simmer 19 minutes or until thick, stirring occasionally.
- ☐ Add cheeses to pan, stirring until cheeses melt.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.0626086741686%

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: 94.54kcal (4.73%), Fat: 1.92g (2.96%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 15.54g (5.65%), Sugar: 0.25g (0.28%), Cholesterol: 4.61mg (1.54%), Sodium: 322.49mg (14.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Selenium: 6.23µg (8.9%), Phosphorus: 43.71mg (4.37%), Calcium: 37.66mg (3.77%), Vitamin B12: 0.19µg (3.18%), Vitamin B3: 0.63mg (3.17%), Vitamin B2: 0.04mg (2.55%), Vitamin B6: 0.05mg (2.32%), Vitamin B1: 0.03mg (2.16%), Vitamin B5: 0.2mg (2.01%), Magnesium: 7.71mg (1.93%), Copper: 0.04mg (1.85%), Zinc: 0.27mg (1.81%), Manganese: 0.04mg (1.76%), Vitamin A: 87.92IU (1.76%), Iron: 0.31mg (1.71%), Potassium: 53.05mg (1.52%), Fiber: 0.32g (1.28%)