



Creamy Cheese Grits and Spinach



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 5 oz baby spinach fresh washed
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 cup milk 2% reduced-fat
- ☐ 8 oz mozzarella-provolone cheese blend shredded
- ☐ 1 cup quick-cooking grits
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups vegetable broth

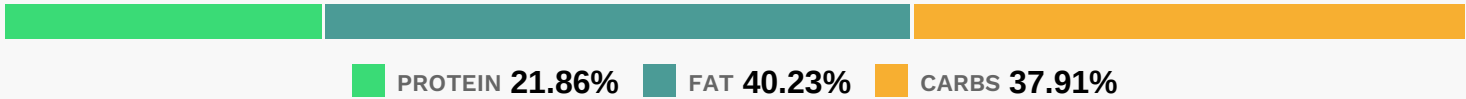
Equipment

☐ sauce pan

Directions

- ☐ Coarsely chop spinach. Bring grits and next 4 ingredients to a boil in a medium saucepan over medium-high heat; reduce heat to low, and simmer, stirring occasionally, 10 to 12 minutes or until thickened. Stir in spinach and cheese until well blended and cheese is melted.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:16.987826026004%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 246.51kcal (12.33%), Fat: 11.26g (17.33%), Saturated Fat: 7.04g (43.98%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 22.17g (8.06%), Sugar: 3.05g (3.39%), Cholesterol: 29.23mg (9.74%), Sodium: 741.27mg (32.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.53%), Vitamin K: 115.02µg (109.54%), Vitamin A: 2713.17IU (54.26%), Calcium: 357.51mg (35.75%), Phosphorus: 276.45mg (27.65%), Folate: 89.59µg (22.4%), Vitamin B2: 0.32mg (18.84%), Manganese: 0.28mg (13.83%), Vitamin B12: 0.76µg (12.67%), Vitamin B1: 0.18mg (12.29%), Zinc: 1.76mg (11.76%), Magnesium: 45.71mg (11.43%), Selenium: 6.72µg (9.59%), Iron: 1.72mg (9.54%), Vitamin C: 6.72mg (8.14%), Potassium: 275.85mg (7.88%), Vitamin B6: 0.16mg (7.81%), Vitamin B3: 1.45mg (7.27%), Fiber: 1.71g (6.84%), Vitamin B5: 0.41mg (4.12%), Vitamin E: 0.58mg (3.86%), Copper: 0.07mg (3.53%), Vitamin D: 0.19µg (1.26%)