



Creamy Garlic Cheese Grits

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup butter
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 1 teaspoon salt
- ☐ 6 ounces sharp cheddar cheese shredded
- ☐ 2 cups water
- ☐ 0.5 cup whipping cream
- ☐ 2 cups milk whole

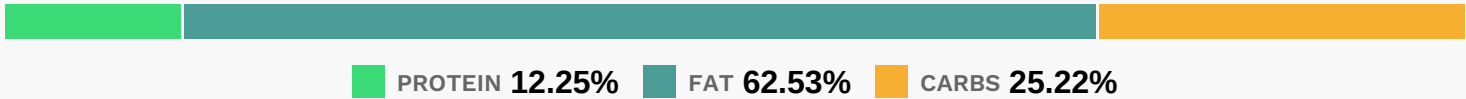
Equipment

☐ sauce pan

Directions

- ☐ Combine water and milk in a medium saucepan; bring to a boil.
- ☐ Add margarine and garlic; stir until margarine melts. Stir in grits and salt; cover, reduce heat, and simmer 15 minutes or until creamy, stirring occasionally. Stir in cheese and whipping cream. Cook, uncovered, over medium heat, stirring frequently, 12 to 15 minutes or until grits are thickened.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.01, Inflammation Score:-5, Nutrition Score:5.9995652676924%

Flavonoids

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

Nutrients (% of daily need)

Calories: 231.75kcal (11.59%), Fat: 16.41g (25.25%), Saturated Fat: 7.9g (49.36%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 14.18g (5.16%), Sugar: 2.9g (3.22%), Cholesterol: 36.31mg (12.1%), Sodium: 421.78mg (18.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.47%), Calcium: 192.54mg (19.25%), Phosphorus: 160.43mg (16.04%), Vitamin B2: 0.22mg (12.71%), Vitamin A: 627.45IU (12.55%), Selenium: 6.14µg (8.77%), Vitamin B1: 0.12mg (8.11%), Vitamin B12: 0.47µg (7.81%), Folate: 26.91µg (6.73%), Zinc: 1mg (6.65%), Vitamin D: 0.83µg (5.53%), Magnesium: 19.26mg (4.81%), Vitamin B6: 0.09mg (4.49%), Vitamin B3: 0.78mg (3.91%), Potassium: 122.85mg (3.51%), Vitamin B5: 0.34mg (3.35%), Iron: 0.57mg (3.15%), Vitamin E: 0.44mg (2.92%), Fiber: 0.72g (2.87%), Manganese: 0.04mg (2.1%), Copper: 0.03mg (1.62%)