

## Creamy Grits



Vegetarian



Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 cups milk 1% low-fat
- ☐ 0.8 cup quick-cooking grits uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water

## Equipment

- ☐ sauce pan

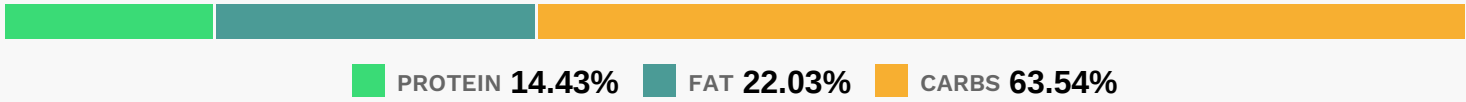
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whisk

## Directions

- ☐ Bring milk and 1 cup water to a boil in a medium saucepan. Gradually add grits, stirring constantly with a whisk. Cook 5 minutes or until thick, stirring frequently.
- ☐ Remove from heat; stir in salt.
- ☐ Sprinkle with pepper; top each serving with butter.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:7.0343478244284%

## Nutrients (% of daily need)

Calories: 172.44kcal (8.62%), Fat: 4.34g (6.68%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 26.81g (9.75%), Sugar: 6.13g (6.81%), Cholesterol: 13.43mg (4.47%), Sodium: 217.4mg (9.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Phosphorus: 168.64mg (16.86%), Calcium: 153.05mg (15.3%), Vitamin B1: 0.23mg (15.23%), Vitamin B2: 0.26mg (15.19%), Vitamin B12: 0.73µg (12.1%), Folate: 45.22µg (11.31%), Vitamin D: 1.3µg (8.65%), Vitamin B3: 1.47mg (7.36%), Vitamin B6: 0.15mg (7.31%), Magnesium: 28.64mg (7.16%), Potassium: 230.67mg (6.59%), Vitamin A: 319.43IU (6.39%), Iron: 0.99mg (5.5%), Fiber: 1.36g (5.45%), Vitamin B5: 0.52mg (5.18%), Zinc: 0.77mg (5.16%), Manganese: 0.08mg (4.05%), Selenium: 2.52µg (3.6%), Copper: 0.04mg (2.15%)