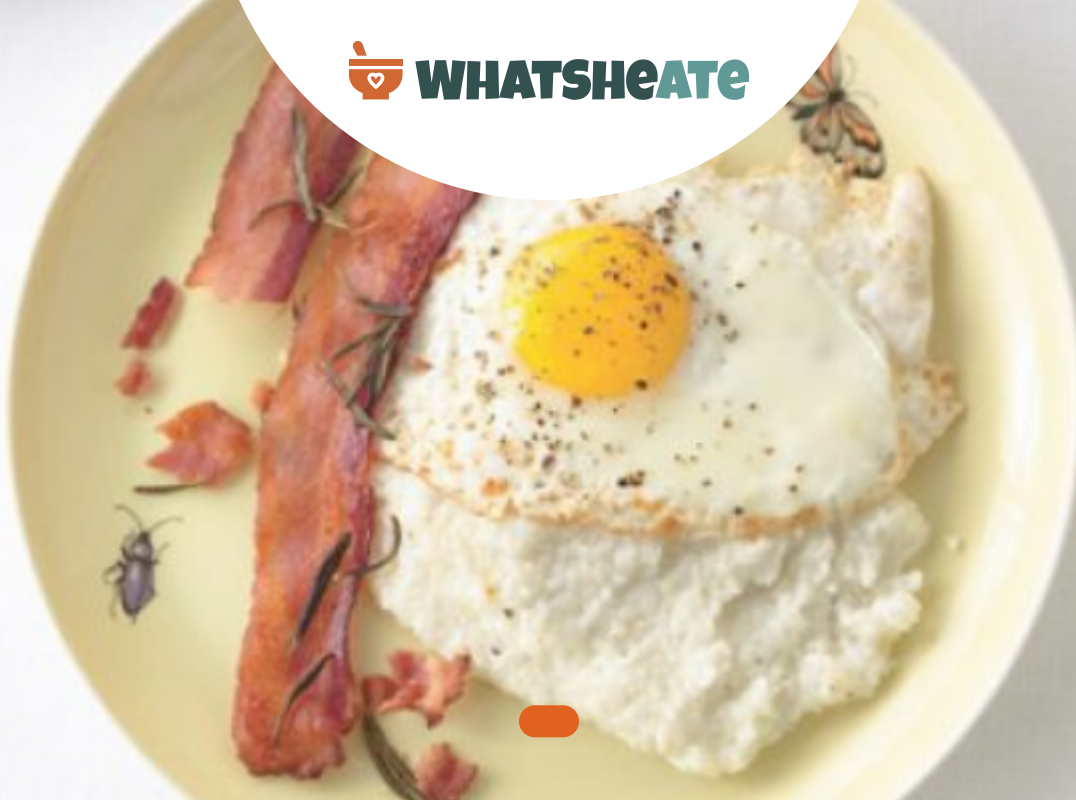




Creamy Grits with Rosemary Bacon

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup parmigiano-reggiano grated
- ☐ 1 cup quick-cooking grits
- ☐ 1 tablespoon rosemary leaves
- ☐ 1 tablespoon butter unsalted
- ☐ 2.5 cups water
- ☐ 1.5 cups milk whole

Equipment

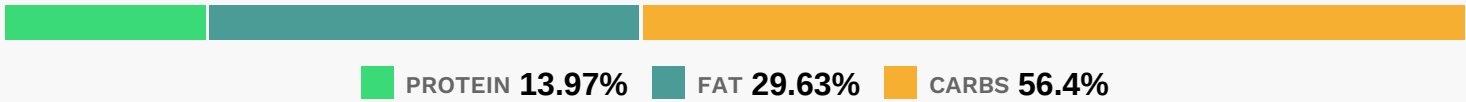
- ☐ frying pan

- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 450°F with rack in middle.
- ☐ Sprinkle rosemary over bacon in a 4-sided sheet pan. Roast, turning once, until bacon is golden, 12 to 14 minutes.
- ☐ Drain on paper towels.
- ☐ Meanwhile, bring water, milk, butter, a rounded 1/4 teaspoon salt, and 1/8 teaspoon pepper to a simmer in a heavy medium saucepan.
- ☐ Add grits in a slow stream, whisking constantly. Simmer over medium-low heat, covered, stirring often, until grits are tender and creamy, 10 to 12 minutes.
- ☐ Remove from heat and stir in cheese.
- ☐ Serve grits with bacon.
- ☐ fried eggs

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:1.75, Inflammation Score:-5, Nutrition Score:8.0904347974321%

Nutrients (% of daily need)

Calories: 234.54kcal (11.73%), Fat: 7.96g (12.25%), Saturated Fat: 4.66g (29.12%), Carbohydrates: 34.09g (11.36%), Net Carbohydrates: 32.1g (11.67%), Sugar: 4.82g (5.36%), Cholesterol: 22.75mg (7.59%), Sodium: 143.66mg (6.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.89%), Calcium: 199.7mg (19.97%), Phosphorus: 198.4mg (19.84%), Vitamin B1: 0.27mg (18.07%), Vitamin B2: 0.27mg (16.03%), Folate: 59.06µg (14.76%), Vitamin B12: 0.57µg (9.58%), Vitamin B3: 1.9mg (9.5%), Magnesium: 34.51mg (8.63%), Vitamin B6: 0.17mg (8.51%), Iron: 1.5mg (8.34%), Fiber: 1.99g (7.96%), Vitamin D: 1.09µg (7.27%), Zinc: 0.92mg (6.14%), Vitamin A: 300.15IU (6%), Potassium: 202.63mg (5.79%), Vitamin B5: 0.49mg (4.88%), Manganese: 0.1mg (4.79%), Selenium: 3.2µg (4.58%), Copper: 0.07mg (3.53%)