



Creamy Grits with Sweet Corn

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons butter
- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 0.3 cup green onions sliced
- ☐ 0.1 teaspoon ground pepper white
- ☐ 1 teaspoon kosher salt
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 1 cup grits yellow stone-ground

- ☐ 5 cups water
- ☐ 1 ounce cheddar cheese shredded white

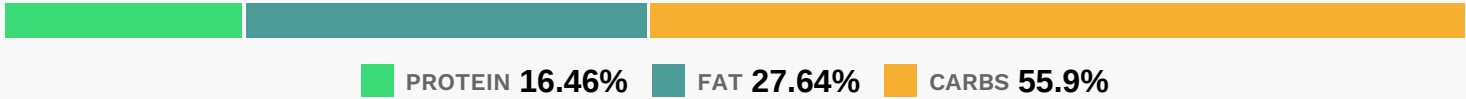
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring water and salt to a boil in a large saucepan; gradually stir in grits. Reduce heat; simmer 30 minutes or until thick and tender, stirring frequently.
- ☐ Remove from heat; stir in cheeses, pepper sauce, and white pepper. Cover.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add corn; saut 4 minutes or until lightly browned.
- ☐ Add corn and green onions to grits mixture, stirring well.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:3.7869565383248%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 138kcal (6.9%), Fat: 4.28g (6.59%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 18.72g (6.81%), Sugar: 1.4g (1.56%), Cholesterol: 10.38mg (3.46%), Sodium: 447.54mg (19.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.47%), Calcium: 116.9mg (11.69%), Phosphorus: 97.23mg (9.72%), Selenium: 6.05µg (8.64%), Vitamin K: 6.86µg (6.53%), Magnesium: 18.21mg (4.55%), Vitamin A: 221.27IU (4.43%), Vitamin B1: 0.06mg (3.94%), Vitamin B2: 0.06mg (3.52%), Zinc: 0.52mg (3.45%), Fiber: 0.76g (3.06%), Vitamin B3: 0.59mg (2.97%), Folate: 11.87µg (2.97%), Manganese: 0.06mg (2.96%), Vitamin B6: 0.06mg (2.83%), Vitamin B5: 0.27mg (2.75%), Copper: 0.05mg (2.73%), Potassium: 94.01mg (2.69%), Vitamin C: 1.92mg (2.33%), Iron: 0.41mg (2.26%), Vitamin B12: 0.12µg (2.07%)