



Creamy Gruyère Grits

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 oz block gruyère cheese shredded
- ☐ 0.5 cup half-and-half
- ☐ 0.3 teaspoon pepper
- ☐ 1.3 cups quick-cooking grits uncooked
- ☐ 1 teaspoon salt

Equipment

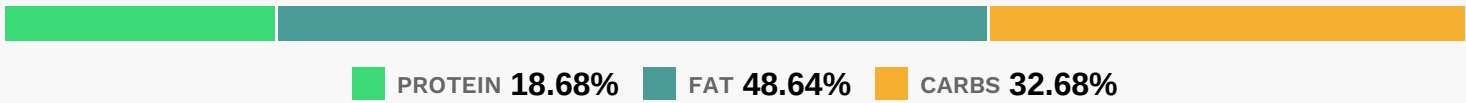
- ☐ sauce pan

☐ whisk

Directions

- ☐ Bring 5 1/4 cups water and 1 tsp. salt to a boil in a medium saucepan over medium-high heat; gradually whisk in 1 1/4 cups grits, and bring to a boil. Reduce heat to medium-low, and simmer, whisking occasionally, 12 to 15 minutes or until thickened.
- ☐ Whisk in shredded Gruyere cheese and remaining ingredients until cheese is melted and mixture is blended.
- ☐ *1 (8-oz.) block Swiss or white Cheddar cheese, shredded, may be substituted.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:6.7121739199628%

Nutrients (% of daily need)

Calories: 229.85kcal (11.49%), Fat: 12.63g (19.43%), Saturated Fat: 7.38g (46.14%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 17.97g (6.54%), Sugar: 0.96g (1.07%), Cholesterol: 40.24mg (13.41%), Sodium: 514.05mg (22.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.83%), Calcium: 304.32mg (30.43%), Phosphorus: 224.79mg (22.48%), Vitamin B2: 0.19mg (10.91%), Vitamin B1: 0.16mg (10.39%), Folate: 38.96µg (9.74%), Zinc: 1.38mg (9.2%), Vitamin B12: 0.49µg (8.09%), Vitamin A: 366.37IU (7.33%), Selenium: 4.62µg (6.59%), Vitamin B3: 1.16mg (5.8%), Magnesium: 23.2mg (5.8%), Iron: 0.88mg (4.88%), Vitamin B6: 0.09mg (4.66%), Fiber: 1.13g (4.5%), Manganese: 0.06mg (3.23%), Vitamin B5: 0.28mg (2.78%), Potassium: 78mg (2.23%), Copper: 0.04mg (1.85%), Vitamin K: 1.19µg (1.13%), Vitamin D: 0.17µg (1.13%), Vitamin E: 0.16mg (1.06%)