



Creamy Mascarpone Herb Grits

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



242 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 tablespoons butter
- 1 teaspoon parsley fresh chopped
- 0.5 teaspoon rosemary fresh chopped
- 2 cloves garlic finely chopped
- 0.5 cup mascarpone cheese
- 8 servings salt
- 1.5 cups grits stone ground
- 2.5 cups vegetable stock plus more if necessary

1.5 cups milk whole

Equipment

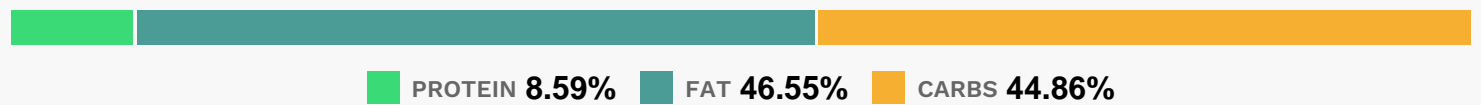
whisk

pot

Directions

- In a 5-quart pot, combine the milk, stock, and garlic. Generously season the mixture with salt.
- Pour the grits into the cold liquid and bring the mixture to a boil, whisking constantly. Immediately reduce the heat to a simmer and continue to stir until the grits are soft and creamy, at least 20 minutes. If necessary, add more stock to continue cooking the grits. Stir in the butter, mascarpone, and herbs.
- A viewer, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:1.31, Inflammation Score:-4, Nutrition Score:3.4886956305608%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 241.69kcal (12.08%), Fat: 12.41g (19.08%), Saturated Fat: 7.53g (47.08%), Carbohydrates: 26.89g (8.96%), Net Carbohydrates: 26.41g (9.6%), Sugar: 3.02g (3.36%), Cholesterol: 30.84mg (10.28%), Sodium: 546.85mg (23.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Vitamin A: 622.51IU (12.45%), Selenium: 6µg (8.57%), Calcium: 79.32mg (7.93%), Phosphorus: 69.98mg (7%), Vitamin B2: 0.08mg (4.56%), Vitamin B1: 0.07mg (4.36%), Vitamin B12: 0.26µg (4.27%), Vitamin B6: 0.08mg (4.02%), Magnesium: 13.7mg (3.42%), Vitamin D: 0.5µg (3.36%), Vitamin B5: 0.32mg (3.23%), Potassium: 113.12mg (3.23%), Manganese: 0.05mg (2.3%), Zinc: 0.32mg (2.14%), Vitamin B3: 0.41mg (2.03%), Fiber: 0.49g (1.94%), Iron: 0.31mg (1.72%), Copper: 0.02mg (1.24%)