



Creamy Mushroom Grits

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup butter
- 0.3 cup flat-leaf parsley fresh chopped
- 1 teaspoon kosher salt
- 0.5 cup parmesan cheese freshly grated
- 1 cup quick-cooking grits yellow
- 7 oz mushroom caps stemmed sliced

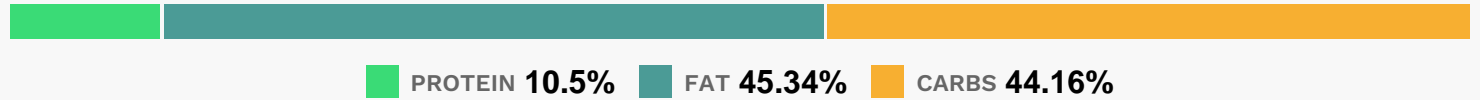
Equipment

frying pan

Directions

Melt butter in a medium skillet over medium-high heat; add mushrooms. Saut 3 to 4 minutes or until mushrooms begin to brown. Prepare grits according to package directions. Stir in Parmesan cheese, kosher salt, and pepper. Stir in mushrooms and parsley.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:8.4182608334915%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 201.06kcal (10.05%), Fat: 10.53g (16.2%), Saturated Fat: 6.22g (38.89%), Carbohydrates: 23.08g (7.69%), Net Carbohydrates: 20.94g (7.61%), Sugar: 1.07g (1.19%), Cholesterol: 27.59mg (9.2%), Sodium: 599.13mg (26.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.97%), Vitamin K: 42.08µg (40.07%), Phosphorus: 134.81mg (13.48%), Vitamin B3: 2.51mg (12.57%), Folate: 46.9µg (11.72%), Vitamin B2: 0.19mg (11.05%), Vitamin A: 519.96IU (10.4%), Vitamin B1: 0.15mg (10.21%), Vitamin B6: 0.17mg (8.66%), Fiber: 2.14g (8.54%), Calcium: 82.01mg (8.2%), Manganese: 0.16mg (8.18%), Selenium: 4.91µg (7.01%), Iron: 1.22mg (6.77%), Zinc: 0.97mg (6.44%), Vitamin B5: 0.62mg (6.22%), Magnesium: 23.35mg (5.84%), Potassium: 170.31mg (4.87%), Copper: 0.08mg (4.18%), Vitamin C: 3.33mg (4.03%), Vitamin B12: 0.13µg (2.14%), Vitamin E: 0.28mg (1.88%), Vitamin D: 0.17µg (1.16%)