



Creamy Rice Grits with Tomato Relish

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



347 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 servings kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 cup parmesan finely grated
- ☐ 8 servings pepper freshly ground
- ☐ 2.3 cups carolina gold rice grits
- ☐ 1 small shallots finely chopped
- ☐ 2 cups tomatoes fresh chopped

☐ 0.3 cup butter unsalted ()

Equipment

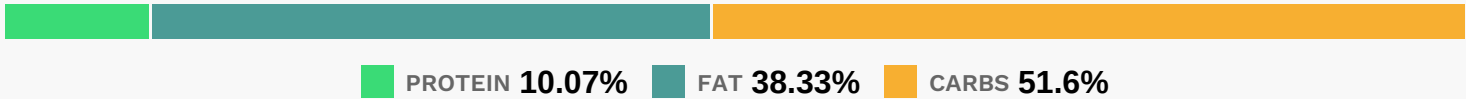
☐ bowl

☐ sauce pan

Directions

- ☐ Mix tomatoes and shallot in a small bowl.Season with salt and pepper; set aside.
- ☐ Bring 12 cups water to a boil in a largesaucepan. Stir in grits and season with salt.Reduce heat to medium; simmer grits untilalmost tender, about 15 minutes.
- ☐ Drain,reserving 2 cups cooking liquid; return liquidand grits to saucepan. Stir over mediumheat until creamy, 5–6 minutes.
- ☐ Add cheeseand butter; stir to melt. Stir in lemon juice;season with salt and pepper.
- ☐ Transfer toa large wide bowl, forming a well in center.Stir oil into tomato mixture; pour into well.

Nutrition Facts



Properties

Glycemic Index:23.52, Glycemic Load:25.67, Inflammation Score:-5, Nutrition Score:8.01826085733333%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 346.63kcal (17.33%), Fat: 14.67g (22.57%), Saturated Fat: 6.53g (40.8%), Carbohydrates: 44.43g (14.81%), Net Carbohydrates: 43.17g (15.7%), Sugar: 1.53g (1.71%), Cholesterol: 23.75mg (7.92%), Sodium: 399.84mg (17.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.35%), Manganese: 0.63mg (31.72%), Calcium: 170.11mg (17.01%), Phosphorus: 159.71mg (15.97%), Selenium: 10.79µg (15.41%), Vitamin A: 586.2IU (11.72%), Vitamin C: 7.53mg

(9.13%), Vitamin E: 1.22mg (8.11%), Copper: 0.15mg (7.34%), Vitamin B6: 0.14mg (7.02%), Vitamin K: 7.05µg (6.72%), Zinc: 1mg (6.65%), Vitamin B5: 0.64mg (6.43%), Magnesium: 23.92mg (5.98%), Vitamin B3: 1.1mg (5.52%), Potassium: 178.97mg (5.11%), Fiber: 1.27g (5.06%), Vitamin B2: 0.08mg (4.6%), Vitamin B1: 0.06mg (3.92%), Iron: 0.7mg (3.91%), Folate: 13.04µg (3.26%), Vitamin B12: 0.16µg (2.7%), Vitamin D: 0.17µg (1.13%)