



## Creamy Stone-Ground Grits

 Vegetarian  Gluten Free

READY IN



240 min.

SERVINGS



6

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 tablespoons butter unsalted
- 0.8 teaspoon salt
- 1 cup milk whole
- 1 cup grits white stone-ground
- 4 cups water
- 0.3 teaspoon pepper black

### Equipment

- frying pan

- sauce pan
- wooden spoon

## Directions

- Bring water, salt, and 1 tablespoon butter to a boil in a 3- to 4-quart heavy saucepan, then add grits gradually, stirring constantly with a wooden spoon. Reduce heat and cook at a bare simmer, covered, stirring frequently, until water is absorbed and grits are thickened, about 15 minutes.
- Stir in 1/2 cup milk and simmer, partially covered, stirring occasionally to keep grits from sticking to bottom of pan, 10 minutes. Stir in remaining 1/2 cup milk and simmer, partially covered, stirring occasionally, until liquid is absorbed and grits are thick and tender, about 35 minutes more. (Grits will have a soft, mashed-potato-like consistency.)
- Stir in pepper and remaining tablespoon butter.
- \*Available from John Martin Taylor (800-828-4412; [www.hoppinjohns.com](http://www.hoppinjohns.com)).

## Nutrition Facts

**PROTEIN 9.54%** **FAT 31.59%** **CARBS 58.87%**

## Properties

Glycemic Index:11.67, Glycemic Load:0.73, Inflammation Score:-2, Nutrition Score:2.8117391182029%

## Nutrients (% of daily need)

Calories: 154.53kcal (7.73%), Fat: 5.4g (8.31%), Saturated Fat: 3.19g (19.97%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 22.21g (8.08%), Sugar: 2.13g (2.36%), Cholesterol: 14.91mg (4.97%), Sodium: 314.81mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Selenium: 5.24µg (7.49%), Phosphorus: 61.31mg (6.13%), Calcium: 56.94mg (5.69%), Vitamin A: 238.6IU (4.77%), Vitamin B2: 0.07mg (4.02%), Vitamin B12: 0.23µg (3.79%), Vitamin B1: 0.06mg (3.79%), Vitamin D: 0.52µg (3.45%), Magnesium: 13.72mg (3.43%), Vitamin B6: 0.06mg (3.17%), Vitamin B5: 0.28mg (2.84%), Potassium: 98.91mg (2.83%), Copper: 0.05mg (2.36%), Manganese: 0.04mg (2.04%), Zinc: 0.29mg (1.97%), Vitamin B3: 0.36mg (1.79%), Fiber: 0.44g (1.75%), Iron: 0.27mg (1.51%)