



WHATSheATE



Creamy Stone-Ground Grits



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



8

CALORIES



319 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup heavy cream
- ☐ 2 teaspoons kosher salt
- ☐ 2 cups grits white stone-ground
- ☐ 0.5 stick butter unsalted cut into pieces
- ☐ 4 cups water
- ☐ 4 cups milk whole

Equipment

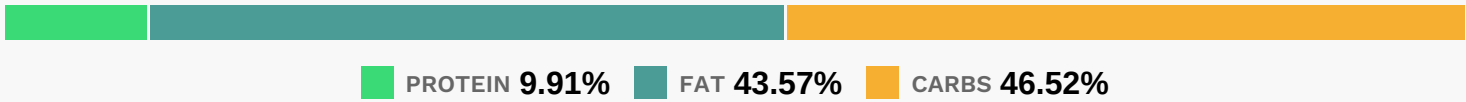
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ spatula

Directions

- ☐ Bring water and milk just to a simmer in a 4- to 5-quart heavy saucepan. Meanwhile, cover grits with water in a large bowl and whisk vigorously.
- ☐ Let stand 30 seconds, then skim any chaff that has floated to surface with a fine-mesh sieve.
- ☐ Drain grits well in a fine-mesh sieve and whisk into simmering milk mixture.
- ☐ Reduce heat to low and simmer grits, partially covered, stirring often with a heatproof rubber spatula, until grits are tender and thickened to the consistency of loose oatmeal, about 1 1/4hours (stir more toward end of cooking to avoid scorching). If grits become too thick before they are tender and creamy, thin with hot water (about 1/2 cup).
- ☐ Stir in cream, butter (if using), and salt.
- ☐ Remove from heat and keep warm, covered, up to 20 minutes.
- ☐ ·If you can't find stone-ground grits, use regular grits (but not quick-cooking). Regular grits will take less than half the time to cook.·Grits are at their creamiest right after they are made but can be made up to 2 days ahead. Chill, uncovered, until cool, then cover. To reheat, break congealed grits into pieces and whisk in enough boiling water to loosen (up to about 1 cup).
- ☐ Heat over low heat, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:2.16, Inflammation Score:-5, Nutrition Score:6.6760869408431%

Nutrients (% of daily need)

Calories: 319.1kcal (15.96%), Fat: 15.47g (23.8%), Saturated Fat: 9.38g (58.62%), Carbohydrates: 37.17g (12.39%), Net Carbohydrates: 36.54g (13.29%), Sugar: 6.56g (7.28%), Cholesterol: 46.63mg (15.54%), Sodium: 638.83mg (27.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.83%), Calcium: 166.26mg (16.63%),

Phosphorus: 162.01mg (16.2%), Vitamin A: 676.25IU (13.53%), Selenium: 9.47µg (13.52%), Vitamin B2: 0.21mg (12.61%), Vitamin B12: 0.69µg (11.58%), Vitamin D: 1.69µg (11.24%), Vitamin B1: 0.12mg (8.16%), Potassium: 252.38mg (7.21%), Vitamin B5: 0.69mg (6.9%), Magnesium: 27.55mg (6.89%), Vitamin B6: 0.14mg (6.86%), Zinc: 0.72mg (4.77%), Vitamin B3: 0.61mg (3.04%), Copper: 0.05mg (2.63%), Fiber: 0.62g (2.5%), Vitamin E: 0.36mg (2.41%), Manganese: 0.05mg (2.41%), Iron: 0.41mg (2.28%), Vitamin K: 1.45µg (1.38%)