



Fast Hammy Grits

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



342 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 0.3 cup grits white yellow instant (not)
- 0.5 teaspoon kosher salt as needed plus more
- 1 medium spring onion
- 2 ounces sharp cheddar cheese
- 1 tablespoon butter unsalted
- 2 teaspoons vegetable oil
- 1 cup water

0.5 cup milk whole

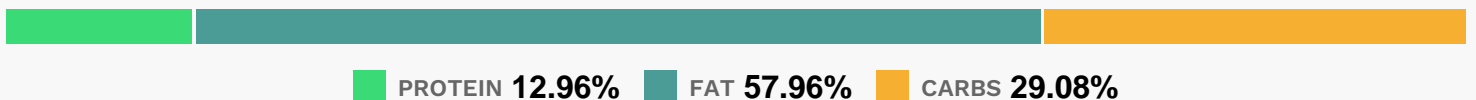
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- box grater

Directions

- Combine the water, milk, butter, and measured salt and pepper in a small saucepan and bring to a simmer over medium-high heat. Meanwhile, heat the oil in a medium frying pan over medium heat until shimmering.
- Add the ham and cook, stirring occasionally, until browned all over, about 5 to 6 minutes.
- Remove the pan from the heat and set it aside.
- Whisk the grits into the simmering milk mixture and bring to a boil. Continue to boil without stirring for 1 minute. Cover with a tightfitting lid, remove the pan from the heat, and let sit until the grits are tender, about 7 minutes. Meanwhile, shred the cheese on the large holes of a box grater (you should have about 3/4 cup). Thinly slice the white and light green parts of the scallion; set aside. When the grits are ready, uncover and stir them to incorporate all of the liquid; stir until the grits are smooth.
- Sprinkle with two-thirds of the cheese and stir until combined and melted. Taste and season with salt and pepper as needed. Divide the grits between 2 bowls and sprinkle with the remaining third of the cheese. Top with the reserved ham and scallions and add a few dashes of hot sauce.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:1.41, Inflammation Score:-5, Nutrition Score:8.6695652319037%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 341.72kcal (17.09%), Fat: 22.1g (34%), Saturated Fat: 10.91g (68.16%), Carbohydrates: 24.95g (8.32%), Net Carbohydrates: 24.28g (8.83%), Sugar: 3.37g (3.75%), Cholesterol: 50.72mg (16.91%), Sodium: 798.15mg (34.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.12g (22.23%), Calcium: 288.08mg (28.81%), Vitamin K: 25.64µg (24.42%), Phosphorus: 215.28mg (21.53%), Selenium: 13.73µg (19.62%), Vitamin A: 689.59IU (13.79%), Vitamin B2: 0.23mg (13.44%), Vitamin B12: 0.64µg (10.7%), Zinc: 1.45mg (9.66%), Magnesium: 25.26mg (6.31%), Vitamin D: 0.95µg (6.31%), Vitamin E: 0.82mg (5.45%), Vitamin B1: 0.08mg (5.4%), Vitamin B6: 0.1mg (5.03%), Potassium: 174.77mg (4.99%), Vitamin B5: 0.49mg (4.88%), Manganese: 0.08mg (3.92%), Folate: 12.31µg (3.08%), Copper: 0.06mg (2.98%), Fiber: 0.67g (2.7%), Iron: 0.45mg (2.49%), Vitamin B3: 0.44mg (2.18%), Vitamin C: 1.41mg (1.71%)