



Fast Hammy Grits

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



384 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
- 2 ounces finely-chopped ham fully cooked

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:11.62826078871%

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: 383.96kcal (19.2%), Fat: 24.26g (37.33%), Saturated Fat: 11.39g (71.18%), Carbohydrates: 24.95g (8.32%), Net Carbohydrates: 24.28g (8.83%), Sugar: 3.37g (3.75%), Cholesterol: 71.41mg (23.8%), Sodium: 1125.59mg (48.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.92%), Phosphorus: 298.06mg (29.81%), Calcium: 289.78mg (28.98%), Selenium: 19.34µg (27.63%), Vitamin K: 25.64µg (24.42%), Vitamin B2: 0.3mg (17.41%), Vitamin B12: 1.04µg (17.36%), Vitamin B1: 0.23mg (15.41%), Zinc: 2.08mg (13.87%), Vitamin A: 689.59IU (13.79%), Vitamin C: 8.02mg (9.72%), Vitamin B6: 0.17mg (8.65%), Magnesium: 31.21mg (7.8%), Vitamin B5: 0.74mg (7.35%), Potassium: 254.43mg (7.27%), Vitamin B3: 1.44mg (7.22%), Vitamin D: 0.95µg (6.31%), Vitamin E: 0.82mg (5.45%), Manganese: 0.09mg (4.59%), Copper: 0.09mg (4.59%), Iron: 0.69mg (3.83%), Folate: 13.16µg (3.29%), Fiber: 0.67g (2.7%)