

Garlic Grits



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



301 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 eggs
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup milk
- ☐ 1.5 cups processed cheese diced
- ☐ 1 cup quick-cooking grits
- ☐ 1 teaspoon salt
- ☐ 1 quart water

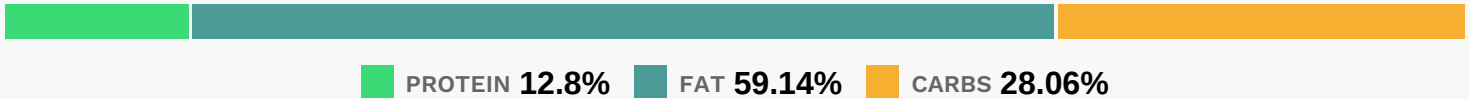
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.
- ☐ Bring water to a boil in a large saucepan with garlic and salt. Stir in grits, reduce heat to low, and cook until thick, about 5 minutes, stirring frequently.
- ☐ Remove from heat and stir in cheese and butter until melted. In a small bowl, whisk together egg and milk, then stir into grits.
- ☐ Pour grits mixture into greased casserole dish.
- ☐ Bake in preheated oven for 20 to 25 minutes, until firm.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:8.7700000819953%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 300.59kcal (15.03%), Fat: 20.16g (31.01%), Saturated Fat: 11.66g (72.9%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 20.33g (7.39%), Sugar: 1.56g (1.74%), Cholesterol: 83.84mg (27.95%), Sodium: 1055.99mg (45.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.82g (19.64%), Calcium: 391.5mg (39.15%), Phosphorus: 293.12mg (29.31%), Selenium: 9.68µg (13.83%), Vitamin B2: 0.21mg (12.62%), Vitamin A: 623.23IU (12.46%), Folate: 44.53µg (11.13%), Vitamin B12: 0.66µg (11.02%), Vitamin B1: 0.16mg (10.56%), Zinc: 1.27mg (8.44%),

Iron: 1.23mg (6.84%), Magnesium: 25.19mg (6.3%), Vitamin B3: 1.24mg (6.18%), Vitamin B6: 0.11mg (5.53%), Fiber: 1.19g (4.78%), Manganese: 0.08mg (4.02%), Vitamin E: 0.58mg (3.88%), Vitamin B5: 0.38mg (3.81%), Copper: 0.08mg (3.78%), Potassium: 111.94mg (3.2%), Vitamin D: 0.47µg (3.12%), Vitamin K: 1.63µg (1.56%)