



Garlic Grits

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



546 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 ounce cream cheese cubed
- 0.5 teaspoon garlic powder
- 6 cups half-and-half
- 0.5 teaspoon hot sauce
- 0.5 teaspoon pepper
- 1.5 cups quick-cooking grits uncooked
- 1 teaspoon salt

Equipment

dutch oven

Directions

- Bring half-and-half, salt, garlic powder, and pepper to a boil in a Dutch oven; gradually stir in grits. Return to a boil; cover, reduce heat, and simmer, stirring occasionally, 5 to 7 minutes or until thickened.
- Add cream cheese and 1/2 teaspoon hot sauce, stirring until cream cheese melts.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:12.46999992495%

Nutrients (% of daily need)

Calories: 545.92kcal (27.3%), Fat: 38.09g (58.61%), Saturated Fat: 22.84g (142.74%), Carbohydrates: 41.55g (13.85%), Net Carbohydrates: 39.71g (14.44%), Sugar: 11.44g (12.71%), Cholesterol: 113.33mg (37.78%), Sodium: 633.95mg (27.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.07%), Vitamin B2: 0.66mg (38.69%), Phosphorus: 322.99mg (32.3%), Calcium: 289.12mg (28.91%), Vitamin A: 1238.87IU (24.78%), Vitamin B1: 0.3mg (19.67%), Folate: 66.96µg (16.74%), Selenium: 10.25µg (14.64%), Vitamin B6: 0.24mg (12.1%), Potassium: 416.64mg (11.9%), Magnesium: 45.39mg (11.35%), Vitamin B3: 2.07mg (10.37%), Vitamin B5: 0.98mg (9.8%), Zinc: 1.44mg (9.58%), Vitamin B12: 0.52µg (8.7%), Iron: 1.49mg (8.28%), Fiber: 1.84g (7.37%), Vitamin E: 0.85mg (5.68%), Manganese: 0.11mg (5.59%), Vitamin K: 4.02µg (3.83%), Copper: 0.07mg (3.58%), Vitamin C: 2.43mg (2.95%)