



Garlic Roasted Grits

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



5

CALORIES



329 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 cups chicken stock see
- 1 head garlic
- 1 cup milk
- 5 servings olive oil
- 5 servings salt and pepper
- 1 cup coarse grits white stone-ground

Equipment

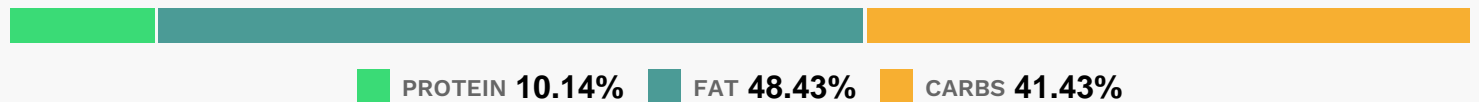
- sauce pan

- oven
- whisk
- baking pan

Directions

- In a heavy, large saucepan, bring chicken stock to a boil.
- Add grits gradually, in a constant slow stream and whisk continually. Reduce the heat to a low simmer and stir frequently until water is almost absorbed, about 15 minutes.
- Stir in the milk and simmer, while still stirring occasionally, for 30 minutes.
- Add roasted garlic and season with salt and pepper.
- Serve immediately.
- Preheat oven to 300 degrees F.
- Break apart the garlic cloves and remove the outer paper but leave on the skin. Toss in a baking pan with olive oil. Roast in oven for 30 minutes.
- Remove from oven and let cool. Squeeze garlic clove out of the skin.

Nutrition Facts



Properties

Glycemic Index:13.6, Glycemic Load:1.39, Inflammation Score:-2, Nutrition Score:6.914782586305%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 328.98kcal (16.45%), Fat: 17.69g (27.22%), Saturated Fat: 3.36g (20.97%), Carbohydrates: 34.05g (11.35%), Net Carbohydrates: 33.43g (12.16%), Sugar: 4.88g (5.42%), Cholesterol: 10.18mg (3.39%), Sodium: 419.8mg (18.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.66%), Selenium: 10.19µg (14.56%), Vitamin E: 2.09mg (13.92%), Vitamin B3: 2.74mg (13.7%), Vitamin B2: 0.21mg (12.26%), Phosphorus: 119.51mg (11.95%), Vitamin B6: 0.23mg (11.65%), Vitamin B1: 0.13mg (8.63%), Vitamin K: 9.05µg (8.62%), Potassium: 289.78mg (8.28%), Calcium:

75.36mg (7.54%), Manganese: 0.13mg (6.46%), Copper: 0.12mg (5.93%), Magnesium: 21.44mg (5.36%), Vitamin B12: 0.26µg (4.39%), Iron: 0.79mg (4.39%), Zinc: 0.6mg (3.97%), Vitamin B5: 0.37mg (3.67%), Vitamin D: 0.54µg (3.58%), Vitamin A: 150.65IU (3.01%), Vitamin C: 2.04mg (2.47%), Fiber: 0.62g (2.47%), Folate: 8.93µg (2.23%)