



Getcha Goin' Grits

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



357 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 ounces processed cheese food
- ☐ 0.5 cup bacon diced
- ☐ 6 servings pepper black freshly ground
- ☐ 1.5 cups grits quick
- ☐ 1.5 cups milk
- ☐ 0.3 cup onions diced
- ☐ 6 servings salt
- ☐ 0.3 cup scallions

☐ 2.5 cups water

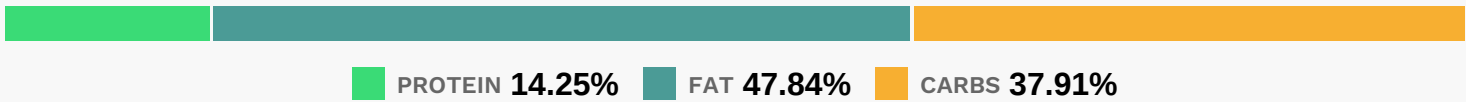
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large skillet over high heat, add bacon, onion and a pinch of pepper. Cook until bacon is crispy, about 5 minutes.
- ☐ In a medium pot, add water, milk and a pinch of salt.
- ☐ Place lid on top and allow to come to a full boil.
- ☐ Add grits. Stir. When grits have almost absorbed all the water add cheese.
- ☐ Mix to allow cheese to melt and become creamy.
- ☐ Add bacon and onions and top with half of the scallions.
- ☐ Mix thoroughly.
- ☐ Serve in a bowl and garnish with remaining scallions.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.58, Inflammation Score:-5, Nutrition Score:11.657391403032%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 356.63kcal (17.83%), Fat: 19.31g (29.71%), Saturated Fat: 8.98g (56.1%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 32.41g (11.78%), Sugar: 4.33g (4.81%), Cholesterol: 48.68mg (16.23%), Sodium: 827.83mg (35.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.94g (25.89%), Calcium: 381.8mg (38.18%),

Phosphorus: 336.77mg (33.68%), Vitamin B1: 0.31mg (20.86%), Vitamin B2: 0.29mg (17.29%), Folate: 63.2µg (15.8%), Selenium: 10.91µg (15.59%), Vitamin B12: 0.85µg (14.22%), Vitamin B3: 2.69mg (13.45%), Vitamin B6: 0.22mg (10.78%), Zinc: 1.57mg (10.45%), Magnesium: 37.85mg (9.46%), Vitamin K: 9.74µg (9.27%), Iron: 1.65mg (9.16%), Vitamin A: 416.24IU (8.32%), Fiber: 2.02g (8.09%), Potassium: 244.58mg (6.99%), Manganese: 0.13mg (6.31%), Vitamin D: 0.92µg (6.13%), Vitamin B5: 0.58mg (5.79%), Copper: 0.09mg (4.3%), Vitamin E: 0.37mg (2.45%), Vitamin C: 1.28mg (1.55%)