



Goat Cheese Grits

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



81 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon basil fresh finely chopped
- 2 teaspoons parsley fresh finely chopped
- 4 ounces goat cheese
- 1 cup quick-cooking grits uncooked
- 0.8 teaspoon salt
- 4 cups water

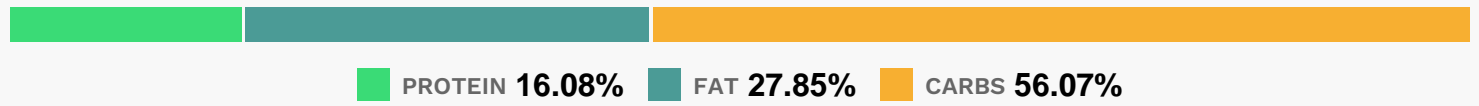
Equipment

- frying pan
- sauce pan
- whisk

Directions

- Bring 4 cups water to a boil in a medium saucepan. Gradually add grits and salt to pan, stirring constantly with a whisk. Reduce heat, and simmer 5 minutes or until thick, stirring occasionally.
- Remove from heat; stir in cheese and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:2.5265217584598%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg

Nutrients (% of daily need)

Calories: 81.43kcal (4.07%), Fat: 2.59g (3.99%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 11.03g (4.01%), Sugar: 0.25g (0.28%), Cholesterol: 5.22mg (1.74%), Sodium: 221.19mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin B1: 0.09mg (6.26%), Folate: 24.2µg (6.05%), Copper: 0.12mg (5.76%), Vitamin B2: 0.09mg (5.41%), Phosphorus: 53.69mg (5.37%), Iron: 0.74mg (4.14%), Vitamin B3: 0.76mg (3.81%), Vitamin B6: 0.07mg (3.42%), Fiber: 0.72g (2.9%), Manganese: 0.05mg (2.54%), Magnesium: 10.12mg (2.53%), Vitamin A: 119.63IU (2.39%), Calcium: 19.68mg (1.97%), Zinc: 0.25mg (1.68%), Vitamin B5: 0.12mg (1.24%)