



Green Chile-Cheese Grits

 Vegetarian  Gluten Free

READY IN



21 min.

SERVINGS



10

CALORIES



117 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 tablespoons chiles green canned drained chopped
- ☐ 3 ounces jalapeño cheddar cheese shredded reduced-fat (such as Cabot)
- ☐ 2 cups milk fat-free
- ☐ 0.3 teaspoon onion powder
- ☐ 1.3 cups quick-cooking grits uncooked
- ☐ 0.8 teaspoon salt
- ☐ 2 cups water

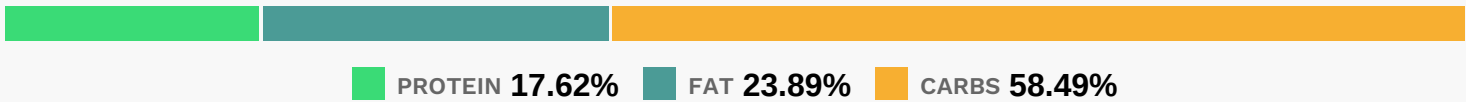
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a medium saucepan, and bring to a boil. Reduce heat to low, and slowly add grits, stirring constantly with a whisk.
- ☐ Add chiles, salt, and onion powder. Cook 5 to 7 minutes or until thick, stirring frequently.
- ☐ Remove from heat, and add cheese, stirring until cheese melts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.02, Glycemic Load:0.9, Inflammation Score:-3, Nutrition Score:4.8082608353832%

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: 117.1kcal (5.86%), Fat: 3.19g (4.91%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 17.59g (5.86%), Net Carbohydrates: 16.63g (6.05%), Sugar: 2.7g (3%), Cholesterol: 9.97mg (3.32%), Sodium: 264.89mg (11.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.6%), Calcium: 129.25mg (12.93%), Phosphorus: 123.35mg (12.33%), Vitamin B2: 0.16mg (9.66%), Vitamin B1: 0.14mg (9.25%), Folate: 32.92µg (8.23%), Vitamin B12: 0.37µg (6.24%), Selenium: 3.47µg (4.96%), Vitamin B3: 0.97mg (4.87%), Zinc: 0.72mg (4.79%), Vitamin B6: 0.09mg (4.72%), Magnesium: 18.02mg (4.51%), Iron: 0.72mg (3.98%), Vitamin D: 0.59µg (3.93%), Fiber: 0.96g (3.83%), Vitamin A: 189IU (3.78%), Potassium: 121.31mg (3.47%), Vitamin B5: 0.27mg (2.73%), Manganese: 0.05mg (2.62%), Copper: 0.03mg (1.68%), Vitamin C: 1.19mg (1.45%)