



Green-Chile Grits

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



540 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 2 cups cheddar cheese grated
- 4 cups chicken stock see
- 3 new mexico chiles green
- 2 large eggs beaten
- 1 cup quick-cooking grits

Equipment

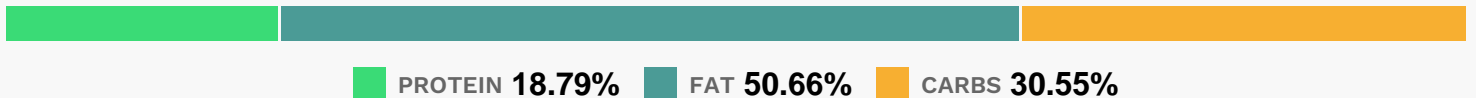
- bowl

- frying pan
- sauce pan
- oven
- whisk

Directions

- Broil chiles, turning once or twice, until skins are charred all over.
- Let sit until cool enough to handle, then peel skins and discard stems and seeds. Dice chiles.
- Preheat oven to 35
- In a 3- or 4-quart pan over high heat, bring chicken stock to a boil.
- Add grits, reduce heat to medium, and stir until stock is absorbed, 5 to 6 minutes. Stir in butter, cheese, and chiles.
- In a small bowl, whisk 1/2 cup of the cooked grits into the beaten eggs. When blended, stir this mixture back into the saucepan with the rest of the grits.
- Pour mixture into a greased 2-quart casserole.
- Bake until just set, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.37, Inflammation Score:-7, Nutrition Score:17.333478430043%

Nutrients (% of daily need)

Calories: 540.36kcal (27.02%), Fat: 30.65g (47.15%), Saturated Fat: 16.1g (100.59%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 38.69g (14.07%), Sugar: 5.57g (6.19%), Cholesterol: 171.75mg (57.25%), Sodium: 906.35mg (39.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.16%), Phosphorus: 436.17mg (43.62%), Calcium: 423.82mg (42.38%), Selenium: 29.01µg (41.45%), Vitamin B2: 0.69mg (40.7%), Vitamin B3: 5.62mg (28.11%), Folate: 92.81µg (23.2%), Vitamin B1: 0.33mg (21.69%), Zinc: 3.08mg (20.52%), Vitamin A: 883.26IU (17.67%), Vitamin B6: 0.33mg (16.4%), Vitamin B12: 0.83µg (13.89%), Iron: 2.34mg (12.98%), Fiber: 2.89g (11.56%), Magnesium: 46.13mg (11.53%), Potassium: 385.7mg (11.02%), Copper: 0.21mg (10.35%), Vitamin B5: 0.74mg (7.39%), Vitamin E: 0.92mg (6.14%), Vitamin D: 0.84µg (5.59%), Vitamin C: 4.53mg (5.49%), Manganese: 0.09mg (4.7%), Vitamin K: 2.4µg (2.29%)