



WHAT'SHEATE

Green Grits



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup cilantro leaves fresh
- ☐ 4 ounce chilis diced green canned (preferably Hatch brand, fire-roasted)
- ☐ 0.5 cup spring onion chopped
- ☐ 1 cup grits
- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sharp cheddar cheese grated

- ☐ 3 tablespoons butter unsalted
- ☐ 1.5 cups milk whole

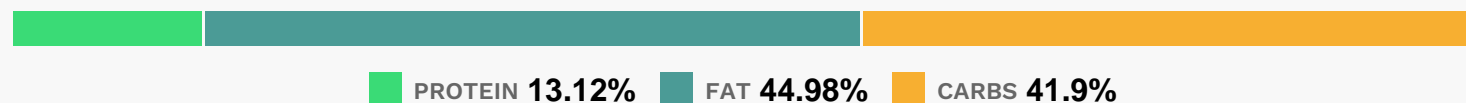
Equipment

- ☐ food processor
- ☐ whisk
- ☐ pot

Directions

- ☐ Combine the milk and 2 1/2 cups of water in a medium-sized pot, and bring the mixture up to a simmer over medium-high heat.
- ☐ Mix in the salt and pepper. Then whisk in the grits, pouring them in slowly and whisking continuously until they're smooth, with no lumps. The grits should look a little like oatmeal, only finer.
- ☐ Turn the heat down to medium-low and keep cooking, whisking regularly so nothing sticks.
- ☐ Meanwhile, combine the cilantro leaves, diced green chiles, and green onions in a food processor and pulse for 30 seconds or so, until everything is finely chopped.
- ☐ When the grits have cooked through and thickened, pull the pot off the heat and add the cilantro mixture.
- ☐ Whisk everything together so the grits turn green. Then add the butter and whisk again, so the butter melts in.
- ☐ Whisk in the grated cheddar and Parmesan cheeses.
- ☐ Serve it up hot.
- ☐ From American Flavor by Andrew Carmellini with Gwen Hyman. Copyright © 2011 by Andrew Carmellini and Gwen Hyman. Published by Ecco.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:1.3, Inflammation Score:-5, Nutrition Score:7.9791304339533%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 246.88kcal (12.34%), Fat: 12.4g (19.07%), Saturated Fat: 7.24g (45.22%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 24.91g (9.06%), Sugar: 3.36g (3.73%), Cholesterol: 35.41mg (11.8%), Sodium: 623.92mg (27.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Vitamin K: 26.84µg (25.56%), Calcium: 196.21mg (19.62%), Phosphorus: 158.52mg (15.85%), Vitamin A: 747.54IU (14.95%), Selenium: 9.91µg (14.16%), Vitamin C: 8.75mg (10.61%), Vitamin B2: 0.17mg (9.99%), Vitamin B12: 0.5µg (8.29%), Zinc: 0.95mg (6.37%), Vitamin B6: 0.12mg (5.89%), Potassium: 204.26mg (5.84%), Vitamin D: 0.85µg (5.69%), Magnesium: 21.89mg (5.47%), Vitamin B1: 0.08mg (5.37%), Folate: 20.96µg (5.24%), Vitamin B5: 0.45mg (4.53%), Fiber: 1.07g (4.28%), Iron: 0.74mg (4.09%), Manganese: 0.08mg (4.09%), Vitamin B3: 0.58mg (2.9%), Vitamin E: 0.4mg (2.66%), Copper: 0.04mg (2.07%)