



Grilled Bacon-and-Herb Grit Cakes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

Ingredients

- 0.5 teaspoon pepper black
- 3 bacon crumbled cooked
- 4 cups grits hot instant cooked
- 2 teaspoons parsley fresh chopped
- 0.5 teaspoon garlic powder
- 1 tablespoon teaspoon thyme dried fresh minced
- 2 ounces cheddar cheese shredded white

Equipment

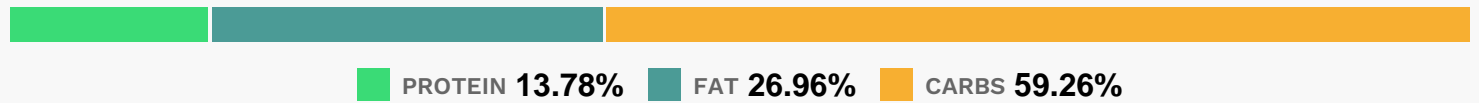
- bowl

- baking pan
- grill
- cutting board

Directions

- Combine first 7 ingredients in a large bowl; stir well.
- Pour the grits into a 10-inch square baking dish coated with cooking spray, spreading evenly. Cover and chill 1 hour or until completely cool.
- Prepare grill.
- Invert grits onto a cutting board; cut into 4 squares.
- Cut each square diagonally into 2 triangles.
- Place grits triangles on grill rack coated with cooking spray; grill 5 minutes on each side or until lightly browned and thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:13.350434702376%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 275.77kcal (13.79%), Fat: 8.17g (12.56%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 40.39g (13.46%), Net Carbohydrates: 37.35g (13.58%), Sugar: 0.3g (0.34%), Cholesterol: 20.11mg (6.7%), Sodium: 654.56mg (28.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.79%), Iron: 16.87mg (93.74%), Calcium: 266.24mg (26.62%), Vitamin B1: 0.39mg (26.06%), Vitamin B2: 0.42mg (24.5%), Vitamin B3: 4.77mg (23.86%), Folate: 70.21µg (17.55%), Phosphorus: 153.28mg (15.33%), Fiber: 3.04g (12.15%), Selenium: 7.16µg (10.22%), Manganese: 0.19mg (9.43%), Vitamin B6: 0.17mg (8.75%), Zinc: 1.19mg (7.94%), Magnesium: 31.28mg (7.82%), Vitamin A: 232.97IU (4.66%), Potassium: 142.89mg (4.08%), Vitamin B12: 0.22µg (3.59%), Vitamin C: 2.87mg (3.48%), Vitamin B5: 0.27mg (2.67%), Vitamin K: 1.57µg (1.5%), Copper: 0.03mg (1.3%), Vitamin E: 0.16mg (1.08%)