



WHATSheATE



Grilled Corn Grits with Blackened Chilies and Fontina Cheese

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



437 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 slice bacon
- ☐ 2 tablespoon butter
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 4 cup chicken stock see
- ☐ 2 anaheim chilies
- ☐ 0.3 cup cilantro leaves loosely packed ()
- ☐ 2 ears corn

- ☐ 8 ounce fontina grated ()
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoon parmesan grated
- ☐ 6 servings salt and pepper as needed for seasoning ()
- ☐ 1 cup grits white stone ground
- ☐ 0.5 cup milk whole

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ grill

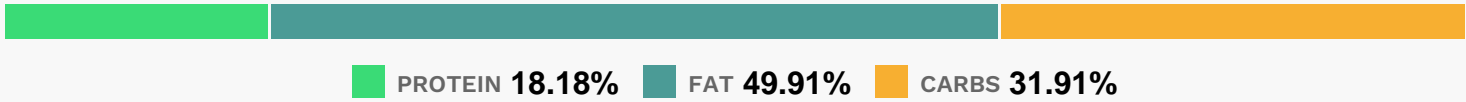
Directions

- ☐ Make the grilled corn topping: Prepare the grill for medium indirect heat. Rub olive oil onto the corn to coat thoroughly. Grill, turning often, until the corn is lightly charred all over and just tender, about 15 minutes.
- ☐ Place bacon slices in a large, unheated heavy-bottomed or cast iron skillet. Turn heat to medium and cook bacon, turning often until crispy. About 8 minutes.
- ☐ Place the oven rack in the center position and preheat the oven to 450 degrees. Bring the chicken stock to a boil in a 4-qt. saucepan over high heat. Gradually whisk in grits; reduce heat to medium-low, and cook, whisking constantly for about 5 minutes. Continue to cook until tender whisking occasionally, about 10 more minutes.
- ☐ Remove from heat and stir in fontina, milk, butter, and cayenne; season with salt and pepper. While it is still warm and pourable transfer the grits to a shallow 1 or 1 ½ quart baking dish. You may have more grits than you need, so be sure to only fill the dish to about ½-inch from top. Scrape the corn and chili mixture on top of the grits, spreading it in an even layer then sprinkle the Parmesan on top. Set the baking dish on a rimmed baking sheet and place in the heated oven. Cooked until hot and bubbly and beginning to brown on top, 25 to 30 minutes.

- ☐
- Remove from oven and garnish with prepared chopped bacon and cilantro.

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Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:12.693478169649%

Flavonoids

Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 437.14kcal (21.86%), Fat: 24.37g (37.49%), Saturated Fat: 12.52g (78.26%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 33.79g (12.29%), Sugar: 6.96g (7.73%), Cholesterol: 69.51mg (23.17%), Sodium: 868.68mg (37.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.94%), Vitamin C: 24.13mg (29.24%), Phosphorus: 275.62mg (27.56%), Calcium: 262.96mg (26.3%), Selenium: 16.71µg (23.86%), Vitamin B3: 4.1mg (20.48%), Vitamin B2: 0.3mg (17.56%), Vitamin A: 833.42IU (16.67%), Vitamin B6: 0.32mg (15.82%), Zinc: 2.1mg (13.99%), Vitamin B12: 0.83µg (13.8%), Vitamin B1: 0.2mg (13.22%), Potassium: 416.4mg (11.9%), Magnesium: 38.09mg (9.52%), Copper: 0.16mg (7.9%), Folate: 28.33µg (7.08%), Vitamin B5: 0.69mg (6.87%), Vitamin K: 6.49µg (6.18%), Iron: 1.07mg (5.96%), Manganese: 0.12mg (5.82%), Fiber: 1.27g (5.08%), Vitamin E: 0.57mg (3.79%), Vitamin D: 0.5µg (3.35%)