



Grilled Garlic-and-Herb Grits

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 16 ounce less-sodium chicken broth fat-free canned
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon hot sauce
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 2 cups quick-cooking grits uncooked
- ☐ 0.5 teaspoon salt

☐ 4 cups water

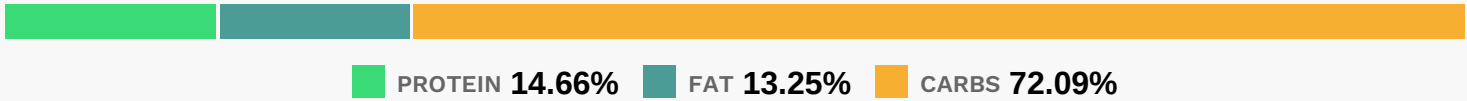
Equipment

- ☐ sauce pan
- ☐ plastic wrap
- ☐ baking pan
- ☐ grill
- ☐ cutting board

Directions

- ☐ Bring first 6 ingredients to a boil in a medium saucepan; gradually add grits, stirring constantly. Reduce heat to low; cover and cook 5 minutes or until thick, stirring occasionally.
- ☐ Remove from heat; stir in cheese and parsley. Spoon grits into a 13 x 9-inch baking dish coated with cooking spray, spreading evenly. Press plastic wrap onto surface of grits, and chill 4 hours.
- ☐ Remove plastic wrap.
- ☐ Invert grits onto a cutting board; cut into 8 (3-inch) squares.
- ☐ Cut each square diagonally in half into 2 triangles.
- ☐ Prepare grill.
- ☐ Place triangles on a grill rack coated with cooking spray; grill 6 minutes on each side or until lightly browned and thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:6.847391312537%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.02mg,

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Nutrients (% of daily need)

Calories: 160.47kcal (8.02%), Fat: 2.45g (3.77%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 28.15g (10.24%), Sugar: 0.54g (0.6%), Cholesterol: 4.82mg (1.61%), Sodium: 511.64mg (22.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.21%), Vitamin K: 24.95µg (23.76%), Folate: 60.4µg (15.1%), Vitamin B1: 0.22mg (14.96%), Phosphorus: 119.11mg (11.91%), Vitamin B3: 2.14mg (10.71%), Calcium: 95.32mg (9.53%), Vitamin B2: 0.16mg (9.44%), Iron: 1.56mg (8.67%), Fiber: 1.87g (7.5%), Vitamin B6: 0.13mg (6.3%), Magnesium: 24.18mg (6.04%), Manganese: 0.12mg (6.03%), Selenium: 2.96µg (4.22%), Copper: 0.08mg (3.95%), Zinc: 0.59mg (3.9%), Vitamin A: 183.27IU (3.67%), Vitamin B12: 0.2µg (3.31%), Vitamin C: 2.6mg (3.16%), Potassium: 91.28mg (2.61%), Vitamin B5: 0.23mg (2.28%)