



## Grilled Herb Grit Cakes

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**32 kcal**

### Ingredients

- 1 tablespoon butter
- 0.8 cup coarse-ground grits yellow uncooked
- 1 teaspoon basil fresh chopped
- 1 teaspoon parsley fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 2 garlic cloves minced
- 0.5 teaspoon kosher salt
- 8 teaspoons parmesan cheese fresh grated
- 2.3 cups water

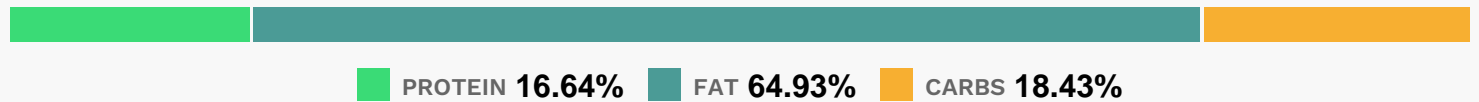
## Equipment

- sauce pan
- whisk
- plastic wrap
- baking pan
- grill

## Directions

- Combine the first 4 ingredients in a medium saucepan; bring to a boil. Gradually add grits, stirring constantly with a whisk. Reduce heat, and simmer 10 minutes or until thick, stirring occasionally. Stir in basil, thyme, and parsley.
- Pour grits into an 8-inch square baking dish coated with cooking spray. Press plastic wrap onto surface of grits; chill for 2 hours or until firm.
- Prepare grill.
- Cut grits into 8 (2 x 4-inch) portions. Grill grit cakes for 6 minutes. Carefully turn grit cakes over, and sprinkle each cake with 1 teaspoon cheese. Grill for 6 minutes or until lightly browned and heated through.

## Nutrition Facts



## Properties

Glycemic Index:35.75, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:2.1843478316036%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 32.08kcal (1.6%), Fat: 2.47g (3.81%), Saturated Fat: 1.12g (7.03%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.35g (0.39%), Cholesterol: 4.44mg (1.48%), Sodium: 432.88mg (18.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.85%), Selenium: 8.29µg (11.84%), Manganese: 0.11mg

(5.75%), Fiber: 1.06g (4.22%), Phosphorus: 34mg (3.4%), Magnesium: 12.95mg (3.24%), Calcium: 31.46mg (3.15%), Vitamin B1: 0.05mg (3.08%), Iron: 0.44mg (2.44%), Vitamin A: 81.77IU (1.64%), Copper: 0.03mg (1.6%), Vitamin B6: 0.03mg (1.36%), Zinc: 0.2mg (1.33%), Vitamin B2: 0.02mg (1.26%), Potassium: 41.02mg (1.17%)