



## Grits

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 8 servings butter
- 1.5 cups regular grits
- 0.8 teaspoon salt
- 7.5 cups water

## Equipment

- sauce pan

## Directions

- Bring water to a boil in a large saucepan; gradually stir in grits and salt. Return to a boil; cover, reduce heat, and simmer, stirring occasionally, 15 to 20 minutes or until thickened.
- Serve immediately, topped with butter.

## Nutrition Facts



## Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.6178260840799%

## Nutrients (% of daily need)

Calories: 144.37kcal (7.22%), Fat: 4.41g (6.78%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 22.82g (8.3%), Sugar: 0.19g (0.21%), Cholesterol: 10.75mg (3.58%), Sodium: 261.55mg (11.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Selenium: 5.02µg (7.18%), Vitamin A: 187.54IU (3.75%), Copper: 0.06mg (2.88%), Magnesium: 10.22mg (2.56%), Vitamin B1: 0.04mg (2.55%), Phosphorus: 22.55mg (2.26%), Vitamin B6: 0.04mg (2.16%), Fiber: 0.47g (1.87%), Vitamin B3: 0.35mg (1.77%), Iron: 0.3mg (1.64%), Manganese: 0.03mg (1.58%), Vitamin B5: 0.15mg (1.47%), Potassium: 41.32mg (1.18%)