

# Grits and Greens

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



326 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 5 cups baby spinach fresh
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon butter cut into pieces
- 14 ounce less-sodium chicken broth fat-free canned
- 1 Dash ground nutmeg
- 0.1 teaspoon ground pepper red
- 2 cups milk 1% low-fat
- 0.5 cup onion grated

- 6 ounces 0%-less-fat pork sausage (such as Jimmie Dean)
- 1.3 cups quick-cooking grits uncooked
- 1 cup bell pepper red chopped
- 0.5 teaspoon salt divided

## Equipment

- frying pan
- sauce pan

## Directions

- Heat a large nonstick skillet over medium-high heat.
- Add sausage to pan; cook 4 minutes or until browned, stirring to crumble.
- Add bell pepper, onion, and 1/4 teaspoon salt; saut 3 minutes or until bell pepper is tender and sausage is done.
- Add spinach; cook 1 minute or until wilted.
- Remove pan from heat.
- Combine milk and broth in a large saucepan; bring to a boil. Slowly add grits, stirring constantly. Cover, reduce heat, and simmer 5 minutes or until thick and grits are tender, stirring frequently. Stir in butter, black pepper, red pepper, and nutmeg.
- Remove from heat; stir in remaining 1/4 teaspoon salt and sausage mixture.
- Serve immediately.

## Nutrition Facts



**PROTEIN 6.14%** **FAT 64.56%** **CARBS 29.3%**

## Properties

Glycemic Index:34.38, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:15.21739137691%

## Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg,

Kaempferol: 1.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

## Nutrients (% of daily need)

Calories: 326.15kcal (16.31%), Fat: 23.83g (36.67%), Saturated Fat: 9.69g (60.57%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 22.19g (8.07%), Sugar: 4.56g (5.06%), Cholesterol: 26.91mg (8.97%), Sodium: 398.99mg (17.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.21%), Vitamin K: 91.93µg (87.55%), Vitamin A: 2514.72IU (50.29%), Vitamin C: 29.88mg (36.21%), Folate: 84.33µg (21.08%), Manganese: 0.28mg (14.03%), Vitamin B1: 0.2mg (13.42%), Vitamin B2: 0.22mg (13.2%), Phosphorus: 122.52mg (12.25%), Vitamin B6: 0.21mg (10.45%), Calcium: 100.76mg (10.08%), Magnesium: 37.48mg (9.37%), Vitamin B3: 1.79mg (8.96%), Potassium: 304.16mg (8.69%), Fiber: 2.15g (8.6%), Iron: 1.51mg (8.4%), Vitamin D: 1.18µg (7.87%), Vitamin B12: 0.46µg (7.7%), Vitamin E: 0.87mg (5.78%), Zinc: 0.67mg (4.46%), Vitamin B5: 0.43mg (4.31%), Selenium: 2.66µg (3.8%), Copper: 0.07mg (3.5%)