



Grits Bruschetta with Tomato Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons olive oil extra virgin divided
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 cup grits white yellow stone-ground uncooked
- ☐ 1 ounce parmesan cheese shredded
- ☐ 24 servings tomato salsa
- ☐ 1 teaspoon salt
- ☐ 3 cups water

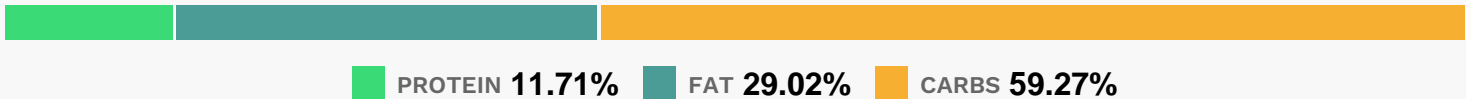
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Combine water, grits, and salt in a medium, heavy saucepan; bring to a boil, stirring constantly. Reduce heat; simmer, uncovered, 20 to 25 minutes or until grits are very thick, stirring often. (If using polenta, add polenta to boiling water, reduce heat to medium-low, and cook 14 minutes or until very thick.)
- ☐ Remove grits from heat, and stir in Parmesan cheese, garlic powder, and pepper; pour out onto a flat, heat-resistant surface or baking sheet.
- ☐ Spread to about 3/8-inch thickness (10-inch square); allow to cool completely (about 1 hour) so that the mixture is firm to the touch.
- ☐ Preheat oven to 350
- ☐ Once grits are very firm, cut into rounds with a 1 1/2-inch cookie cutter.
- ☐ Place on a baking sheet coated with cooking spray; brush with 1 tablespoon olive oil.
- ☐ Bake at 350 for 15 minutes.
- ☐ Remove from oven; flip rounds over, and brush other sides with remaining 1 tablespoon olive oil. Return to oven, and bake 10 more minutes.
- ☐ Remove and cool completely. Top rounds with salsa, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:1.7413043648652%

Nutrients (% of daily need)

Calories: 48.49kcal (2.42%), Fat: 1.61g (2.48%), Saturated Fat: 0.37g (2.33%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 6.72g (2.44%), Sugar: 1.27g (1.41%), Cholesterol: 0.8mg (0.27%), Sodium: 327.33mg (14.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin E: 0.56mg (3.74%), Vitamin A: 176.85IU (3.54%), Vitamin B6: 0.07mg (3.38%), Fiber: 0.69g (2.75%), Potassium: 93.23mg (2.66%), Calcium: 24.15mg (2.42%), Selenium: 1.67µg (2.38%), Phosphorus: 23.34mg (2.33%), Manganese: 0.05mg (2.32%), Vitamin B3: 0.44mg (2.2%), Vitamin K: 2.12µg (2.02%), Magnesium: 7.43mg (1.86%), Copper: 0.03mg (1.57%), Vitamin B1: 0.02mg (1.35%), Iron: 0.22mg (1.22%), Vitamin B5: 0.1mg (1.02%)