



Grits with Corn and Onion Greens

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 large onion white yellow grated
- ☐ 1 cup corn kernels whole
- ☐ 2 cups milk whole
- ☐ 2 cups water
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 cup coarse-ground grits stone-ground
- ☐ 2 tablespoons butter

- ☐ 3 ounces parmigiano-reggiano cheese grated
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 0.3 cup green onion greens fresh chopped

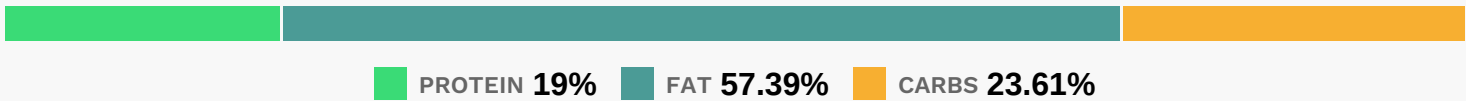
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook the onion and corn kernels:
- ☐ Heat the oil in a heavy-bottomed saucepan over medium heat.
- ☐ Add the grated onion and cook, stirring, until transparent, about 2 minutes.
- ☐ Add the corn kernels and cook, stirring occasionally, until the kernels become soft, about 5 minutes.
- ☐ Add the milk, water, and 1 teaspoon of the salt. Bring the mixture to a boil over high heat.
- ☐ Whisk in the grits, decrease the heat to low, and simmer, whisking occasionally, until the grits are creamy and thick, 45 to 60 minutes.
- ☐ Stir in the butter, Parmesan, parsley, and chopped green onions. Taste and adjust for seasoning with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:2.3, Inflammation Score:-6, Nutrition Score:10.782173913458%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 213.9kcal (10.7%), Fat: 14.16g (21.78%), Saturated Fat: 6.75g (42.16%), Carbohydrates: 13.11g (4.37%), Net Carbohydrates: 10.2g (3.71%), Sugar: 6.99g (7.77%), Cholesterol: 29.43mg (9.81%), Sodium: 806.58mg (35.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.09%), Calcium: 308.46mg (30.85%), Selenium: 19.21µg (27.44%), Phosphorus: 248.37mg (24.84%), Vitamin K: 22.66µg (21.58%), Manganese: 0.26mg (13.15%), Vitamin B2: 0.22mg (13.15%), Fiber: 2.91g (11.65%), Magnesium: 44.19mg (11.05%), Vitamin B12: 0.62µg (10.29%), Vitamin B1: 0.15mg (10.29%), Vitamin A: 499.6IU (9.99%), Potassium: 287.54mg (8.22%), Zinc: 1.16mg (7.7%), Vitamin B6: 0.13mg (6.74%), Vitamin D: 0.97µg (6.44%), Vitamin B5: 0.63mg (6.32%), Iron: 1.03mg (5.72%), Folate: 22.6µg (5.65%), Vitamin C: 4.12mg (5%), Vitamin E: 0.72mg (4.8%), Copper: 0.07mg (3.66%), Vitamin B3: 0.69mg (3.46%)