



Grits with Creamed Cashews



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



277 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon sea salt divided
- ☐ 0.8 cup grits yellow organic
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 0.3 cup onion finely chopped
- ☐ 0.5 cup cashew pieces raw
- ☐ 1 qt vegetable broth divided

Equipment

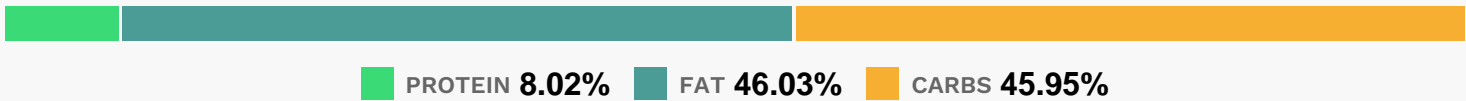
- ☐ frying pan

- ☐ whisk
- ☐ pot
- ☐ blender

Directions

- ☐ Drain cashews and place in a blender with 1/4 cup water. Blend until smooth; set aside.
- ☐ Heat oil in a medium frying pan over medium heat.
- ☐ Add onion and 1/2 tsp. salt and cook, stirring often, until onion is caramelized, 8 to 10 minutes; set aside.
- ☐ Meanwhile, bring 3 cups broth to a boil in a medium saucepot.
- ☐ Add grits in a slow but steady stream, whisking constantly, until mixture is smooth. When mixture comes to a boil, reduce heat to low.
- ☐ Simmer grits, stirring occasionally, until most of the liquid has been absorbed, 5 minutes.
- ☐ Add remaining 1 cup broth and 1/2 tsp. salt and cook, whisking constantly, until thickened, another 10 minutes.
- ☐ Stir in creamed cashews and onions. Cover and cook, stirring occasionally, until grits are soft and fluffy, about 30 minutes.
- ☐ Make ahead: Since the cashews take a while to make, it can be worth blending a few batches and then either chilling (up to 4 days) or freezing (up to 3 months) in an airtight container.

Nutrition Facts



Properties

Glycemic Index:24.3, Glycemic Load:2.73, Inflammation Score:-6, Nutrition Score:6.5804347784623%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 276.73kcal (13.84%), Fat: 14.44g (22.21%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 32.42g (10.81%), Net Carbohydrates: 31.2g (11.34%), Sugar: 3.72g (4.13%), Cholesterol: 0mg (0%), Sodium: 1530.62mg (66.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Copper: 0.38mg (19.08%), Manganese: 0.32mg (15.83%), Magnesium: 56.33mg (14.08%), Phosphorus: 120.84mg (12.08%), Selenium: 8.25µg (11.79%), Vitamin A: 566.79IU (11.34%), Vitamin K: 9.85µg (9.38%), Iron: 1.44mg (8.01%), Vitamin E: 1.16mg (7.71%), Vitamin B1: 0.11mg (7.49%), Zinc: 1.08mg (7.17%), Vitamin B6: 0.13mg (6.31%), Fiber: 1.23g (4.91%), Potassium: 166.15mg (4.75%), Vitamin B5: 0.3mg (2.98%), Vitamin B3: 0.54mg (2.69%), Folate: 8.03µg (2.01%), Vitamin B2: 0.02mg (1.45%), Vitamin C: 1.07mg (1.29%)