



## Gruyère Grits

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



367 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 teaspoon pepper black
- 0.3 cup butter
- 8 ounces gruyère cheese shredded
- 8 cups milk
- 1.5 teaspoons salt
- 2 cups grits white yellow stone-ground uncooked

### Equipment

- frying pan

sauce pan

whisk

## Directions

Combine milk and salt in a large, heavy saucepan; cook over medium-high heat just until mixture starts to boil. (Be careful not to let milk boil out of the pan as it comes to a boil it can do so quickly.) Gradually whisk in grits. Reduce heat; simmer, uncovered, 20 to 25 minutes or until thick, stirring often.

Remove from heat, and add cheese, butter, and pepper, stirring until cheese melts; cover and keep warm.

## Nutrition Facts



**PROTEIN 17.39%** **FAT 45.47%** **CARBS 37.14%**

## Properties

Glycemic Index:12, Glycemic Load:3.48, Inflammation Score:-5, Nutrition Score:11.048260854638%

## Nutrients (% of daily need)

Calories: 367.48kcal (18.37%), Fat: 18.55g (28.54%), Saturated Fat: 10.88g (68.02%), Carbohydrates: 34.1g (11.37%), Net Carbohydrates: 33.58g (12.21%), Sugar: 9.67g (10.75%), Cholesterol: 60.57mg (20.19%), Sodium: 621.75mg (27.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.97g (31.93%), Calcium: 471.81mg (47.18%), Phosphorus: 358.66mg (35.87%), Vitamin B12: 1.43µg (23.78%), Vitamin B2: 0.35mg (20.43%), Selenium: 12.36µg (17.66%), Vitamin D: 2.28µg (15.22%), Vitamin A: 740.36IU (14.81%), Zinc: 1.82mg (12.13%), Vitamin B1: 0.16mg (10.92%), Potassium: 356.68mg (10.19%), Vitamin B5: 1.01mg (10.15%), Magnesium: 40.31mg (10.08%), Vitamin B6: 0.18mg (9.19%), Vitamin B3: 0.61mg (3.03%), Manganese: 0.06mg (2.92%), Fiber: 0.52g (2.1%), Iron: 0.36mg (2.02%), Vitamin E: 0.29mg (1.96%), Vitamin K: 1.85µg (1.76%), Copper: 0.03mg (1.71%)