



Gruyère Grits

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1.5 cups regular grits uncooked
- ☐ 4 ounces gruyère cheese shredded
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 4 cups vegetable broth

Equipment

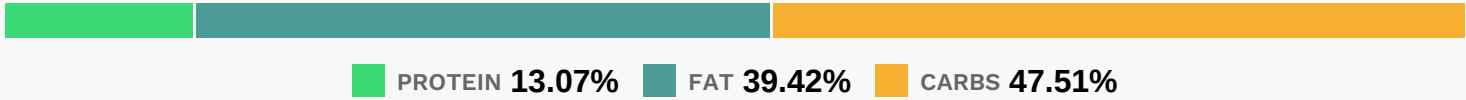
- ☐ sauce pan

Directions

- ☐
- Bring broth to a boil in a large saucepan. Gradually stir in grits. Cover, reduce heat, and simmer 15 minutes or until tender, stirring occasionally.

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Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:3.6860869371373%

Nutrients (% of daily need)

Calories: 210.89kcal (10.54%), Fat: 9.19g (14.14%), Saturated Fat: 5.42g (33.9%), Carbohydrates: 24.92g (8.31%), Net Carbohydrates: 24.42g (8.88%), Sugar: 1.24g (1.38%), Cholesterol: 26.88mg (8.96%), Sodium: 750.63mg (32.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.71%), Calcium: 145.65mg (14.57%), Vitamin A: 579.13IU (11.58%), Phosphorus: 108.57mg (10.86%), Selenium: 7.09µg (10.12%), Zinc: 0.68mg (4.53%), Vitamin B12: 0.24µg (3.93%), Magnesium: 13.32mg (3.33%), Vitamin B1: 0.05mg (3.13%), Vitamin B2: 0.05mg (3.13%), Vitamin B6: 0.05mg (2.75%), Manganese: 0.05mg (2.49%), Vitamin B5: 0.23mg (2.29%), Fiber: 0.5g (2%), Vitamin B3: 0.37mg (1.85%), Iron: 0.33mg (1.84%), Potassium: 54.51mg (1.56%), Copper: 0.03mg (1.41%), Vitamin E: 0.16mg (1.09%)