



WHATSheATE

Horseradish Cheese Grits with Confetti of Roasted Poblano Peppers and Red Onions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup aged cheddar cheese white grated
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 tablespoons horseradish prepared
- ☐ 1 tablespoon olive oil
- ☐ 2 poblano peppers
- ☐ 0.5 large onion red thinly sliced
- ☐ 0.8 teaspoon salt

- ☐ 6 servings salt and pepper freshly ground
- ☐ 0.8 cup grits white yellow stone-ground (, , or a blend)
- ☐ 3 cups milk whole

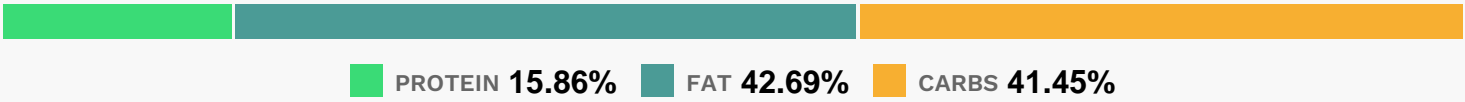
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ broiler

Directions

- ☐ Bring milk, salt, and pepper to a boil in a medium saucepan.
- ☐ Pour in grits and whisk vigorously to blend. Reduce heat to medium-low and continue cooking, stirring every 1 to 2 minutes until thickened, about 40 to 45 minutes, adding more liquid (water or milk) as needed.
- ☐ Meanwhile, heat the broiler (or flame grill) to high.
- ☐ Place the peppers directly under the hot broiler (or on the hot flames) and cook, turning occasionally, until blistered and blackened on all surfaces, about 3 to 5 minutes for each exposed surface; set aside to cool. Once cooled, run the peppers under a stream of cool water and pull off the blackened skin, seeds, and stem and discard. Stack the roasted pepper flesh and cut into thin, 1/4-inch-wide, 2-inch-long strips; set aside.
- ☐ In a medium skillet, heat the oil over medium-low heat.
- ☐ Add the onion, salt, and pepper, and cook, stirring occasionally, until softened and lightly browned, about 20 minutes.
- ☐ To finish, stir the cheese into the cooked grits until melted. Gently fold in the horseradish, roasted pepper, and sautéed onions. Taste and adjust seasonings if necessary.
- ☐ Serve immediately or keep warm for up to 3 hours over a gently simmering water bath.
- ☐ From Southern Farmers Market Cookbook by Holly Herrick. Text © 2009 Holly Herrick; photographs © 2009 Rick McKee. Reprinted with permission of Gibbs Smith.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:2.71, Inflammation Score:-5, Nutrition Score:10.10913050693%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 238.01kcal (11.9%), Fat: 11.39g (17.52%), Saturated Fat: 5.37g (33.54%), Carbohydrates: 24.88g (8.29%), Net Carbohydrates: 23.55g (8.56%), Sugar: 7.78g (8.64%), Cholesterol: 28.76mg (9.59%), Sodium: 646.03mg (28.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.52g (19.04%), Vitamin C: 33.82mg (40.99%), Calcium: 259.88mg (25.99%), Phosphorus: 214.42mg (21.44%), Vitamin B2: 0.25mg (14.9%), Selenium: 9.82µg (14.03%), Vitamin B12: 0.81µg (13.48%), Vitamin B6: 0.22mg (10.83%), Vitamin A: 528.41IU (10.57%), Vitamin D: 1.43µg (9.51%), Potassium: 316.92mg (9.05%), Vitamin B1: 0.13mg (8.34%), Zinc: 1.21mg (8.06%), Magnesium: 30.11mg (7.53%), Vitamin B5: 0.66mg (6.64%), Fiber: 1.33g (5.31%), Manganese: 0.11mg (5.27%), Vitamin K: 5.34µg (5.09%), Vitamin E: 0.65mg (4.35%), Folate: 12.51µg (3.13%), Vitamin B3: 0.59mg (2.95%), Copper: 0.05mg (2.73%), Iron: 0.42mg (2.32%)