



Hot Grilled Grits

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter
- ☐ 10.5 ounce condensed chicken broth undiluted canned
- ☐ 1 tablespoon pickled jalapeño peppers minced
- ☐ 1 tablespoon olive oil
- ☐ 8 ounce process cheese spread
- ☐ 1 cup quick-cooking grits
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water

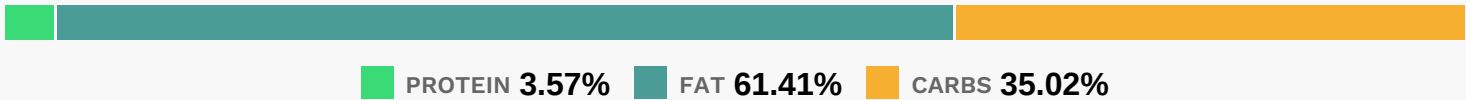
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Bring first 6 ingredients to a boil in a large saucepan over medium heat. Stir in grits; cover, reduce heat, and cook, stirring often, 6 to 8 minutes.
- ☐ Pour into a lightly greased 9-inch pieplate; cool.
- ☐ Unmold grits, and cut into 6 wedges; lightly brush each side with oil.
- ☐ Coat food rack with cooking spray; place on grill over medium heat (300 to 350).
- ☐ Place wedges on rack, and grill, covered with lid, 4 minutes on each side or until golden.
- ☐ Serve with salsa, if desired.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:4.710869561071%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 294.74kcal (14.74%), Fat: 19.33g (29.74%), Saturated Fat: 5.41g (33.81%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 23.55g (8.56%), Sugar: 4g (4.44%), Cholesterol: 21.61mg (7.2%), Sodium: 860.38mg (37.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Calcium: 144.28mg (14.43%), Vitamin A: 709.86IU (14.2%), Vitamin B1: 0.16mg (10.36%), Folate: 38.76µg (9.69%), Vitamin B2: 0.12mg (6.82%), Vitamin B3: 1.33mg (6.65%), Vitamin C: 5.46mg (6.61%), Iron: 0.92mg (5.13%), Fiber: 1.25g (5.02%), Vitamin E: 0.74mg (4.92%), Phosphorus: 45.76mg (4.58%), Manganese: 0.08mg (4%), Vitamin B6: 0.08mg (3.9%), Magnesium: 13.44mg (3.36%), Copper: 0.04mg (1.95%), Vitamin K: 1.87µg (1.78%), Zinc: 0.27mg (1.78%), Potassium: 55.18mg (1.58%)