



Hot Tomato Grits

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



581 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 slices bacon chopped
- ☐ 2 tablespoons chiles green canned chopped
- ☐ 29 ounce chicken broth canned
- ☐ 1 cup quick-cooking grits
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces cheddar cheese shredded
- ☐ 6 servings garnishes: tomato shredded crumbled cooked chopped
- ☐ 2 large tomatoes peeled chopped

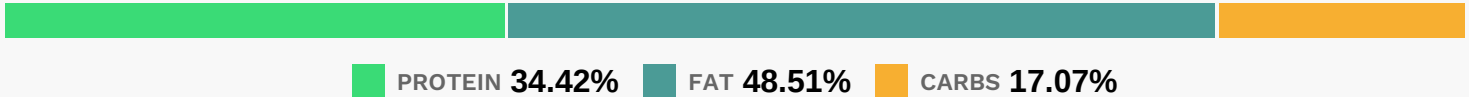
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Cook bacon in a heavy saucepan until crisp, reserving drippings in pan. Gradually add broth and salt; bring to a boil.
- ☐ Stir in grits, tomato, and chiles; return to a boil, stirring often. Reduce heat, and simmer, stirring often, 15 to 20 minutes.
- ☐ Stir in cheese; cover and let stand 5 minutes or until cheese melts.
- ☐ Garnish, if desired.
- ☐ Note: To decrease fat and calories, drain bacon on paper towels discarding drippings, substitute reduced-fat sharp cheddar cheese for regular.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.94, Inflammation Score:-8, Nutrition Score:19.346956512202%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 581.15kcal (29.06%), Fat: 31.11g (47.85%), Saturated Fat: 13.53g (84.56%), Carbohydrates: 24.64g (8.21%), Net Carbohydrates: 22.64g (8.23%), Sugar: 2g (2.23%), Cholesterol: 122.25mg (40.75%), Sodium: 1245.97mg (54.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.66g (99.32%), Selenium: 40.54µg (57.91%), Phosphorus: 500.22mg (50.02%), Zinc: 5.64mg (37.61%), Calcium: 374.24mg (37.42%), Vitamin B12: 1.93µg (32.09%), Vitamin B2: 0.45mg (26.65%), Vitamin B3: 5.19mg (25.94%), Vitamin A: 1246.87IU (24.94%), Vitamin B6: 0.43mg (21.74%), Iron: 2.99mg (16.61%), Folate: 62.8µg (15.7%), Magnesium: 59.08mg (14.77%), Vitamin B1: 0.2mg

(13.36%), Potassium: 447.3mg (12.78%), Vitamin C: 10.02mg (12.15%), Vitamin K: 9.12µg (8.68%), Fiber: 2g (7.99%), Vitamin E: 1.16mg (7.76%), Copper: 0.15mg (7.54%), Manganese: 0.13mg (6.48%), Vitamin B5: 0.38mg (3.77%), Vitamin D: 0.46µg (3.07%)