



Jalapeno Cheese Grits

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



805 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup chiles green canned chopped
- 2.5 cups cheddar extra-sharp grated
- 3 large eggs well beaten
- 4 servings garlic salt
- 1 tablespoon hot sauce (recommended: Tabasco)
- 2 jalapeños diced finely
- 2 cups quick-cooking grits
- 1 stick butter unsalted

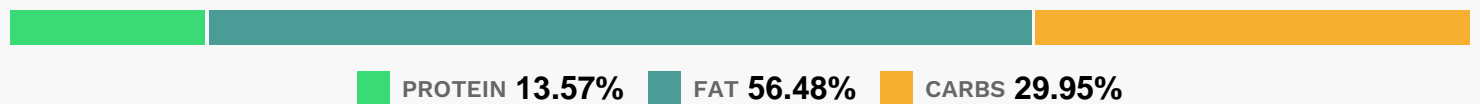
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F.
- Cook the grits according to the directions on the back of the package.
- Remove from the heat and add next 6 ingredients (Cheddar through chilies). Stir well and season with garlic salt, to taste.
- Pour into a buttered 9-inch baking dish and bake for 1 hour.
- Let cool slightly before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:22.238695559294%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 805.32kcal (40.27%), Fat: 51.56g (79.32%), Saturated Fat: 29.45g (184.05%), Carbohydrates: 61.5g (20.5%), Net Carbohydrates: 57.59g (20.94%), Sugar: 1.46g (1.62%), Cholesterol: 270.86mg (90.29%), Sodium: 834.11mg (36.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.88g (55.75%), Calcium: 534.41mg (53.44%), Phosphorus: 530.47mg (53.05%), Selenium: 31.84µg (45.48%), Vitamin B2: 0.75mg (43.93%), Folate: 154.04µg (38.51%), Vitamin A: 1707.8IU (34.16%), Vitamin B1: 0.47mg (31.4%), Zinc: 3.8mg (25.36%), Iron: 3.53mg (19.61%), Vitamin B3: 3.79mg (18.94%), Vitamin B12: 1.13µg (18.84%), Vitamin B6: 0.36mg (17.9%), Vitamin C: 13.7mg (16.61%), Fiber: 3.91g (15.62%), Magnesium: 61.96mg (15.49%), Vitamin E: 1.83mg (12.22%), Vitamin B5: 1.16mg (11.6%), Vitamin D: 1.6µg (10.65%), Manganese: 0.19mg (9.52%), Potassium: 252.85mg (7.22%), Copper: 0.14mg (7.03%), Vitamin K: 5.16µg (4.91%)