



## Jalapeño-Cheese Grits

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



538 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup butter
- 29 ounce chicken broth canned
- 4 large eggs lightly beaten
- 1 large bell pepper green chopped
- 8 ounces monterrey jack cheese shredded
- 1 medium onion chopped
- 1.8 cups quick-cooking grits uncooked
- 2 jalapeño peppers diced green red seeded

- 0.3 teaspoon salt
- 8 ounces sharp cheddar cheese shredded

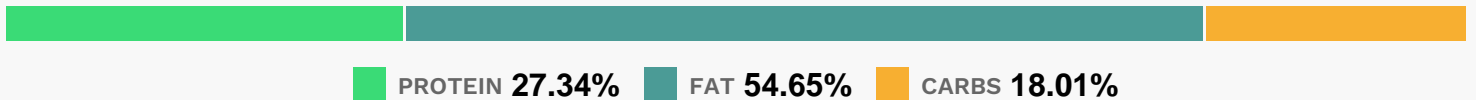
## Equipment

- frying pan
- sauce pan
- oven
- baking pan

## Directions

- Bring broth to a boil in a large saucepan; stir in grits. Reduce heat, and simmer, stirring occasionally, 5 minutes. Cover.
- Melt butter in a large skillet; add onion and peppers, and saut 5 minutes or until tender. Stir in grits, Cheddar cheese, and next 3 ingredients.
- Pour into a lightly greased 13- x 9-inch baking dish.
- Bake at 350 for 30 minutes or until set; serve grits immediately.

## Nutrition Facts



## Properties

Glycemic Index:13.6, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:16.744347779647%

## Flavonoids

Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

## Nutrients (% of daily need)

Calories: 538.1kcal (26.91%), Fat: 32.68g (50.28%), Saturated Fat: 13.14g (82.13%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 22.48g (8.17%), Sugar: 1.53g (1.7%), Cholesterol: 158.37mg (52.79%), Sodium: 875.94mg (38.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.79g (73.57%), Selenium: 31.04µg (44.35%), Phosphorus: 423.24mg (42.32%), Calcium: 361.28mg (36.13%), Zinc: 4.11mg (27.41%), Vitamin B2: 0.46mg (27.16%), Vitamin B12: 1.44µg (24%), Vitamin A: 1148.72IU (22.97%), Vitamin C: 18.05mg (21.87%), Vitamin B6: 0.36mg

(17.94%), Vitamin B3: 3.4mg (16.98%), Folate: 64.26µg (16.07%), Iron: 2.64mg (14.66%), Vitamin B1: 0.19mg (12.38%), Magnesium: 46.68mg (11.67%), Potassium: 285.59mg (8.16%), Vitamin E: 1.14mg (7.57%), Fiber: 1.75g (7%), Copper: 0.12mg (5.88%), Vitamin B5: 0.57mg (5.73%), Manganese: 0.11mg (5.35%), Vitamin D: 0.75µg (5.03%), Vitamin K: 4.71µg (4.49%)