



Jalapeño Cheese Grits

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 tablespoons butter
- 1 cup corn syrup white stone-ground
- 2 tablespoons cream cheese
- 0.3 cup edam cheese grated
- 1 jalapeno
- 6 servings salt

Equipment

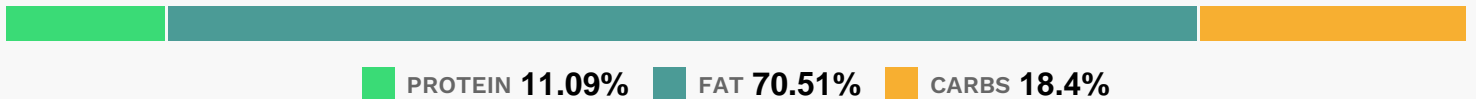
- frying pan

- whisk
- pot
- wooden spoon

Directions

- Heat 4 cups of water in a large heavy-bottomed pot over high heat until it comes to a boil. Slowly pour in the grits while whisking constantly. Reduce the heat to low, cover, and cook, stirring occasionally with a wooden spoon, for about 20 minutes.
- While the grits are cooking, pan-roast the jalapeño pepper in a small skillet over high heat until the skin is brown and blistered.
- Cut the pepper in half lengthwise and remove the skin and the seeds from the pepper and discard. Mince the flesh and add it to the pot of grits.
- Remove the pot from the heat and fold in the butter, mascarpone, and Edam cheese. Season with salt.
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Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:3.1008695921172%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 127.87kcal (6.39%), Fat: 10.45g (16.08%), Saturated Fat: 6.36g (39.75%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 5.38g (1.96%), Sugar: 2.41g (2.67%), Cholesterol: 28.71mg (9.57%), Sodium: 349.94mg (15.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Phosphorus: 83.91mg (8.39%), Calcium: 79.34mg (7.93%), Vitamin A: 346.84IU (6.94%), Vitamin C: 4.36mg (5.28%), Vitamin B2: 0.07mg (3.95%), Zinc: 0.54mg (3.62%), Selenium: 2.13µg (3.04%), Fiber: 0.76g (3.03%), Manganese: 0.06mg (2.97%), Magnesium: 11.84mg (2.96%), Vitamin B12: 0.17µg (2.91%), Potassium: 97.1mg (2.77%), Vitamin B6: 0.05mg (2.64%), Vitamin B5: 0.26mg (2.63%), Vitamin B3: 0.47mg (2.36%), Vitamin E: 0.33mg (2.23%), Folate: 7.99µg (2%), Vitamin B1: 0.03mg (1.94%), Vitamin

K: 1.35µg (1.29%), Iron: 0.2mg (1.1%), Copper: 0.02mg (1.01%)