



Kentucky Garlic Cheese Grits

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



10

CALORIES



251 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 eggs
- ☐ 1 tablespoon garlic powder
- ☐ 0.8 cup milk
- ☐ 1 dash pepper sauce hot
- ☐ 1 cup quick-cooking grits
- ☐ 1 teaspoon salt
- ☐ 12 ounces sharp cheddar cheese shredded divided

☐ 4 cups water

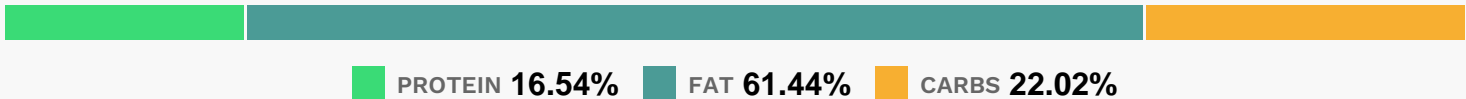
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 2-quart baking dish.
- ☐ Beat milk, egg, garlic powder, and hot pepper sauce in a bowl.
- ☐ Bring water and salt to a boil in a saucepan; cook and stir grits in boiling water until thickened, 3 to 5 minutes.
- ☐ Remove from heat; add butter and about 1/2 of the Cheddar cheese. Stir egg mixture into grits and pour grits into the prepared baking dish.
- ☐ Sprinkle remaining Cheddar cheese over grits.
- ☐ Bake in the preheated oven until cheese is melted and grits are set, about 1 hour. Allow grits to cool 20 to 30 minutes before serving. Grits should be cornbread-like.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:7.1165218154049%

Nutrients (% of daily need)

Calories: 250.77kcal (12.54%), Fat: 17.38g (26.74%), Saturated Fat: 9.97g (62.3%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 13.23g (4.81%), Sugar: 1.18g (1.31%), Cholesterol: 64.78mg (21.59%), Sodium: 510.5mg (22.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.52g (21.05%), Calcium: 271.06mg (27.11%), Phosphorus: 212.25mg (21.22%), Selenium: 11.57µg (16.54%), Vitamin B2: 0.25mg (14.55%), Vitamin A: 536.12IU (10.72%), Zinc: 1.56mg (10.37%), Vitamin B12: 0.51µg (8.47%), Folate: 32.55µg (8.14%), Vitamin B1: 0.11mg (7.43%), Magnesium: 20.84mg (5.21%), Vitamin B6: 0.1mg (4.77%), Iron: 0.7mg (3.89%), Vitamin B3: 0.76mg (3.8%), Vitamin B5: 0.33mg

(3.34%), Vitamin D: 0.49µg (3.29%), Fiber: 0.78g (3.13%), Vitamin E: 0.45mg (2.98%), Potassium: 92.29mg (2.64%),
Copper: 0.05mg (2.52%), Manganese: 0.05mg (2.32%), Vitamin K: 1.29µg (1.22%)