



Mexican Cheese Grits

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



424 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 4.5 ounce chiles green drained chopped canned
- 8 ounce pasteurized cheese product prepared
- 2 large eggs
- 2 garlic cloves pressed
- 1 cup regular grits uncooked
- 0.3 teaspoon ground pepper red
- 0.5 cup milk

- 1 small onion chopped
- 1 small bell pepper red chopped
- 12 ounce cheddar cheese shredded divided

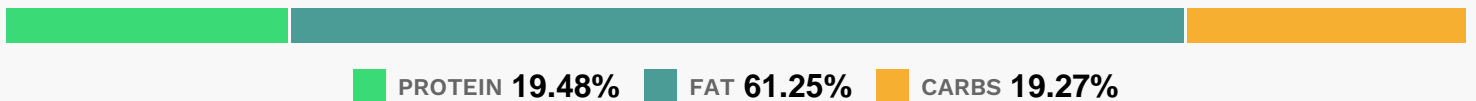
Equipment

- frying pan
- oven
- baking pan

Directions

- Cook grits according to package directions. Stir in cheese product until melted. Stir together milk and eggs; stir into grits mixture.
- Melt butter in a large skillet over medium heat; add onion and next 3 ingredients, and saut until tender. Stir onion mixture, 1 cup shredded cheese, and ground red pepper into grits mixture.
- Pour into a lightly greased 13- x 9-inch baking dish.
- Bake at 350 for 30 minutes; sprinkle with remaining 1 1/2 cups shredded cheese, and bake 5 to 10 more minutes or until cheese melts.
- Note: For testing purposes only, we used Velveeta Pasteurized Prepared Cheese Product.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:13.656521817912%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 424.27kcal (21.21%), Fat: 28.92g (44.49%), Saturated Fat: 14.91g (93.21%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 19.52g (7.1%), Sugar: 1.91g (2.12%), Cholesterol: 119.2mg (39.73%), Sodium: 584.43mg (25.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.69g (41.39%), Calcium: 538.13mg (53.81%), Selenium: 27.71µg (39.59%), Phosphorus: 387.82mg (38.78%), Vitamin A: 1305.24IU (26.1%), Vitamin B2: 0.42mg (24.48%), Vitamin C: 18.23mg (22.1%), Zinc: 2.97mg (19.78%), Vitamin B12: 0.95µg (15.81%), Folate: 36.39µg (9.1%), Vitamin B6: 0.18mg (8.79%), Magnesium: 30.74mg (7.69%), Vitamin B5: 0.7mg (6.97%), Vitamin E: 0.95mg (6.31%), Vitamin D: 0.84µg (5.62%), Potassium: 177.46mg (5.07%), Vitamin B1: 0.07mg (4.81%), Iron: 0.81mg (4.53%), Fiber: 0.96g (3.84%), Manganese: 0.07mg (3.37%), Copper: 0.05mg (2.73%), Vitamin B3: 0.51mg (2.54%), Vitamin K: 2.39µg (2.28%)