



Mini Grits and Greens

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



1132 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons apple cider vinegar
- ☐ 1 tablespoon butter
- ☐ 2 oz freshly cheddar cheese shredded
- ☐ 1 cup chicken broth
- ☐ 2.8 oz chorizo sausage links dry spanish
- ☐ 8 large collard leaves fresh green
- ☐ 0.5 cup regular grits uncooked
- ☐ 0.3 cup half-and-half

- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 36 porcelain tasting spoons warmed
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Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Bring first 3 ingredients and 1 cup water to a boil in a medium saucepan over high heat; gradually whisk in grits. Cover, reduce heat to medium-low, and simmer, stirring occasionally, 15 minutes or until thickened.
- ☐ Whisk in Cheddar cheese and next 4 ingredients, whisking constantly until cheese melts. Keep warm.
- ☐ Rinse collard greens. Trim and discard thick stems from bottom of collard green leaves (about 2 inches). Stack collard greens on a cutting board. Tightly roll up leaves, and thinly slice into 1/8-inch strips. Quarter chorizo lengthwise, and cut into small pieces.
- ☐ Saut chorizo in hot oil in a large skillet over medium-high heat 2 minutes.
- ☐ Add collard greens, vinegar, and sugar. Cook, stirring constantly, 2 minutes or until greens are bright green and just tender. Season with salt and pepper to taste.
- ☐ Place about 1 Tbsp. grits onto each warm spoon, and top with collard mixture.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 14.53%**  **FAT 58%**  **CARBS 27.47%**

Properties

Glycemic Index:219.09, Glycemic Load:1.87, Inflammation Score:-10, Nutrition Score:34.847391066344%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 1132.46kcal (56.62%), Fat: 73.07g (112.41%), Saturated Fat: 36.05g (225.3%), Carbohydrates: 77.86g (25.95%), Net Carbohydrates: 73.28g (26.65%), Sugar: 7.49g (8.32%), Cholesterol: 196.48mg (65.49%), Sodium: 2469.68mg (107.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.17g (82.34%), Vitamin K: 362.94µg (345.66%), Vitamin A: 6005.44IU (120.11%), Calcium: 927.41mg (92.74%), Selenium: 42.81µg (61.15%), Phosphorus: 586.33mg (58.63%), Vitamin C: 44.6mg (54.07%), Vitamin B2: 0.77mg (45.55%), Manganese: 0.84mg (41.81%), Vitamin E: 5mg (33.37%), Folate: 123.55µg (30.89%), Zinc: 4.16mg (27.71%), Magnesium: 78.89mg (19.72%), Vitamin B12: 1.16µg (19.38%), Fiber: 4.58g (18.32%), Vitamin B6: 0.35mg (17.57%), Vitamin B1: 0.24mg (16.22%), Potassium: 536.18mg (15.32%), Iron: 2.58mg (14.33%), Vitamin B5: 1.19mg (11.86%), Vitamin B3: 2.2mg (10.99%), Copper: 0.18mg (8.76%), Vitamin D: 0.47µg (3.1%)