

Mushroom Grits

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



101 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon no-salt-added beef broth undiluted canned
- ☐ 0.3 cup mushrooms fresh chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 3 tablespoons grits uncooked
- ☐ 0.3 teaspoon hot sauce
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 ounce cheddar cheese shredded reduced-fat

☐ 0.1 teaspoon salt

Equipment

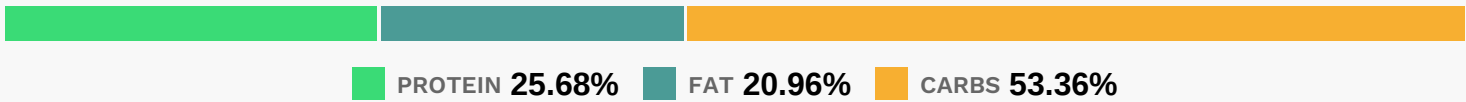
☐ frying pan

☐ sauce pan

Directions

- ☐ Cook grits in a small saucepan according to package directions, omitting salt and fat.
- ☐ Add cheese, stirring until cheese melts. Cover and keep warm.
- ☐ Coat a small nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add mushrooms; saute 2 minutes.
- ☐ Add garlic; saute 1 minute.
- ☐ Remove from heat. Stir in beef broth and remaining ingredients.
- ☐ Add mushroom mixture to grits, stirring well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:3.6595652200606%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 101.19kcal (5.06%), Fat: 2.34g (3.61%), Saturated Fat: 1g (6.24%), Carbohydrates: 13.42g (4.47%), Net Carbohydrates: 12.98g (4.72%), Sugar: 0.57g (0.63%), Cholesterol: 6.97mg (2.32%), Sodium: 336.54mg (14.63%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.46g (12.92%), Selenium: 7.71µg (11.02%), Phosphorus:

104.55mg (10.45%), Vitamin B2: 0.12mg (6.81%), Calcium: 63.19mg (6.32%), Vitamin B3: 1.05mg (5.25%), Vitamin C: 4.21mg (5.1%), Vitamin B6: 0.09mg (4.35%), Zinc: 0.63mg (4.22%), Vitamin B5: 0.39mg (3.93%), Copper: 0.08mg (3.92%), Vitamin B12: 0.21µg (3.46%), Potassium: 112.36mg (3.21%), Vitamin B1: 0.04mg (2.74%), Manganese: 0.05mg (2.59%), Iron: 0.45mg (2.49%), Magnesium: 9.37mg (2.34%), Fiber: 0.44g (1.77%), Folate: 6.05µg (1.51%), Vitamin A: 66.75IU (1.33%)