

Panhandle Grits

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



501 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 pound bacon diced sliced
- ☐ 1 cup ham diced cooked
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 1 onion finely chopped
- ☐ 1 tablespoon pepper sauce hot
- ☐ 1 teaspoon salt

- ☐ 1 cup cheddar cheese shredded
- ☐ 0.5 pound sausage smoked thinly sliced
- ☐ 1 cup grits yellow stone-ground
- ☐ 3 cups tomatoes fresh chopped
- ☐ 4 cups water
- ☐ 1 tablespoon worcestershire sauce

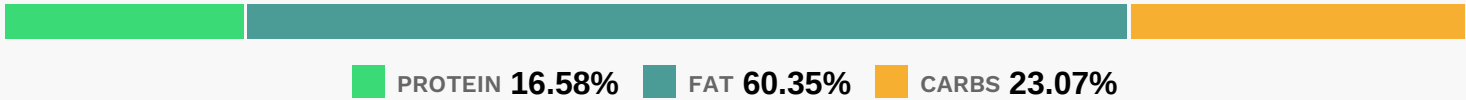
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat a large saucepan over medium-high heat.
- ☐ Add sausage, ham and bacon; cook and stir until browned.
- ☐ Remove the meat from the pan and set aside. Reserve 2 tablespoons of grease in the pan.
- ☐ Return the pan to medium heat and add the onion, bell pepper, tomatoes and garlic powder. Cook and stir until onion is tender.
- ☐ Pour in the water and season with Worcestershire sauce, pepper, salt and hot pepper sauce; bring to a boil.
- ☐ Gradually stir in the grits, cover and reduce the heat to low. Simmer, stirring frequently, until the mixture is thick, 5 to 10 minutes. Return the meat to the pot and stir in cheese.
- ☐ Heat through until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:1.36, Inflammation Score:-7, Nutrition Score:15.14695638159%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 500.9kcal (25.04%), Fat: 33.4g (51.39%), Saturated Fat: 12.53g (78.28%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 26.76g (9.73%), Sugar: 3.59g (3.99%), Cholesterol: 84.37mg (28.12%), Sodium: 1406.49mg (61.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.65g (41.3%), Selenium: 26.27µg (37.53%), Vitamin C: 27.93mg (33.85%), Phosphorus: 285.32mg (28.53%), Vitamin B1: 0.39mg (26%), Vitamin B3: 4.29mg (21.44%), Vitamin B12: 1.23µg (20.42%), Vitamin B6: 0.39mg (19.31%), Vitamin A: 932.8IU (18.66%), Zinc: 2.68mg (17.86%), Calcium: 162.29mg (16.23%), Vitamin B2: 0.26mg (15.44%), Potassium: 510.65mg (14.59%), Manganese: 0.23mg (11.48%), Magnesium: 39.42mg (9.86%), Copper: 0.18mg (9.2%), Vitamin B5: 0.86mg (8.56%), Iron: 1.49mg (8.28%), Fiber: 1.97g (7.87%), Vitamin K: 8.04µg (7.65%), Folate: 23.88µg (5.97%), Vitamin E: 0.77mg (5.12%), Vitamin D: 0.68µg (4.53%)