



Parmesan Cheese Grits

 Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



353 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 14 oz chicken broth canned
- ☐ 1.5 cups milk
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 1 teaspoon pepper freshly ground
- ☐ 0.8 cup quick-cooking grits uncooked
- ☐ 0.5 teaspoon salt

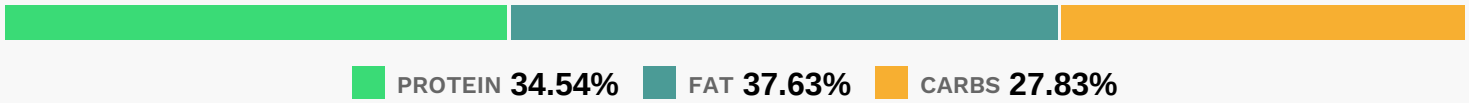
Equipment

- ☐ sauce pan

Directions

- ☐ Bring chicken broth and 1 1/2 cups milk just to a boil in a large saucepan. Slowly stir in grits and 1/2 tsp. salt. Cover, reduce heat to medium-low, and cook, stirring occasionally, 6 to 7 minutes or until mixture is thickened.
- ☐ Add Parmesan cheese and pepper, stirring until cheese is melted.
- ☐ Cheddar Cheese Grits: Cook grits as directed, reducing salt to 1/4 tsp. and substituting 2 cups (8 oz.) shredded extra-sharp Cheddar cheese for Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.35, Inflammation Score:-5, Nutrition Score:12.274347927259%

Nutrients (% of daily need)

Calories: 353.01kcal (17.65%), Fat: 14.69g (22.6%), Saturated Fat: 6.31g (39.44%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 23.28g (8.46%), Sugar: 3.76g (4.18%), Cholesterol: 65.87mg (21.96%), Sodium: 993.49mg (43.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.34g (60.68%), Phosphorus: 359.67mg (35.97%), Selenium: 23.02µg (32.88%), Calcium: 280.75mg (28.08%), Vitamin B12: 1.46µg (24.32%), Zinc: 3.36mg (22.4%), Vitamin B2: 0.32mg (19.02%), Vitamin B3: 3.07mg (15.35%), Vitamin B6: 0.27mg (13.64%), Vitamin B1: 0.18mg (11.71%), Iron: 1.94mg (10.8%), Magnesium: 42.43mg (10.61%), Folate: 37.04µg (9.26%), Potassium: 305.83mg (8.74%), Vitamin A: 434.27IU (8.69%), Vitamin D: 0.98µg (6.56%), Manganese: 0.12mg (6.02%), Fiber: 1.17g (4.67%), Vitamin B5: 0.41mg (4.12%), Copper: 0.08mg (3.92%), Vitamin K: 3.04µg (2.9%), Vitamin E: 0.4mg (2.65%)