



Parmesan Grits

 Gluten Free

READY IN



17 min.

SERVINGS



6

CALORIES



413 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons butter
- ☐ 14 oz chicken broth canned
- ☐ 10.8 oz cream of celery soup canned
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 cup regular grits uncooked
- ☐ 1.3 cups milk
- ☐ 1 cup parmesan cheese grated
- ☐ 2 tablespoons parmesan cheese grated

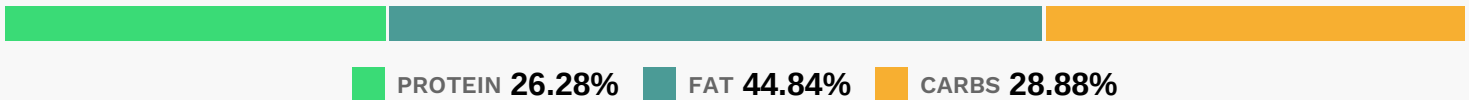
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Bring grits, milk, and broth to a boil in a medium saucepan over medium-high heat; reduce heat to low, and simmer, stirring occasionally, 4 to 5 minutes or until thickened.
- ☐ Remove from heat; stir in soup and next 3 ingredients.
- ☐ Pour mixture into a lightly greased 8-inch square baking dish.
- ☐ Bake at 350 for 30 minutes. Top evenly with 2 Tbsp. grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:0.91, Inflammation Score:-5, Nutrition Score:11.520000101432%

Nutrients (% of daily need)

Calories: 413.43kcal (20.67%), Fat: 20.38g (31.35%), Saturated Fat: 9.48g (59.27%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 28.8g (10.47%), Sugar: 3.32g (3.68%), Cholesterol: 75.76mg (25.25%), Sodium: 966.38mg (42.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.87g (53.74%), Selenium: 24.96µg (35.66%), Phosphorus: 305.05mg (30.51%), Calcium: 253.49mg (25.35%), Vitamin B12: 1.22µg (20.26%), Zinc: 2.84mg (18.9%), Vitamin A: 766.99IU (15.34%), Vitamin B2: 0.23mg (13.68%), Vitamin K: 14.06µg (13.39%), Vitamin B6: 0.22mg (10.8%), Vitamin B3: 2.11mg (10.55%), Magnesium: 35.21mg (8.8%), Potassium: 300.23mg (8.58%), Vitamin B5: 0.85mg (8.52%), Iron: 1.48mg (8.22%), Vitamin E: 1.2mg (8.03%), Manganese: 0.15mg (7.72%), Copper: 0.12mg (6.02%), Vitamin B1: 0.08mg (5.3%), Vitamin D: 0.72µg (4.78%), Fiber: 0.73g (2.93%), Folate: 5.4µg (1.35%)