



## Parmesan-Portobello Grits

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



125 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 32 oz chicken broth fat-free low-sodium
- 2 teaspoons thyme leaves fresh chopped
- 2 garlic cloves minced
- 0.3 teaspoon ground pepper red
- 1 tablespoon butter light
- 2 oz freshly parmesan cheese shredded
- 2 portobello mushroom caps cleaned finely chopped
- 1 cup quick-cooking grits uncooked

- 0.5 teaspoon salt
- 1 small onion sweet finely chopped
- 0.5 cup water

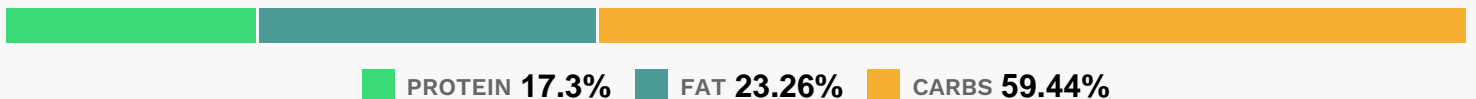
## Equipment

- frying pan
- sauce pan

## Directions

- Melt butter in a large nonstick skillet over medium-high heat; add onion. Cook, stirring occasionally, 8 minutes or until golden. Stir in mushrooms and next 4 ingredients; cook 5 minutes or until mushrooms are tender.
- Remove skillet from heat.
- Bring chicken broth and 1/2 cup water to a boil in a medium saucepan; gradually stir in grits. Cover, reduce heat, and simmer, stirring occasionally, 5 minutes or until grits are thickened. Stir in portobello mixture and Parmesan cheese.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:16.75, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:6.3173912970916%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

## Nutrients (% of daily need)

Calories: 124.93kcal (6.25%), Fat: 3.37g (5.18%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 17.74g (6.45%), Sugar: 3.03g (3.36%), Cholesterol: 6.67mg (2.22%), Sodium: 729.81mg (31.73%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.28%), Phosphorus: 128.68mg (12.87%), Vitamin B3: 2.56mg (12.8%), Selenium: 8.33µg (11.9%), Folate: 45.85µg (11.46%), Calcium: 102.94mg (10.29%), Vitamin B1: 0.15mg (9.97%), Vitamin B2: 0.15mg (8.76%), Vitamin B6: 0.17mg (8.49%), Copper: 0.14mg (6.76%), Fiber: 1.64g (6.54%), Iron: 1.17mg (6.48%), Manganese: 0.12mg (6.16%), Potassium: 201.81mg (5.77%), Vitamin B12: 0.32µg (5.41%), Vitamin B5: 0.51mg (5.12%), Magnesium: 18.36mg (4.59%), Zinc: 0.58mg (3.86%), Vitamin C: 3.07mg (3.72%), Vitamin A: 135.31IU (2.71%)