

Plantation Grits



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



560 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 tablespoons butter
- ☐ 8 ounces cheddar grated plus more for garnish, optional
- ☐ 4 ounces cream cheese
- ☐ 2 eggs
- ☐ 4 cups half-and-half
- ☐ 8 ounces monterrey jack cheese grated plus more for garnish, optional
- ☐ 1 cup quick-cook grits
- ☐ 2 teaspoons salt

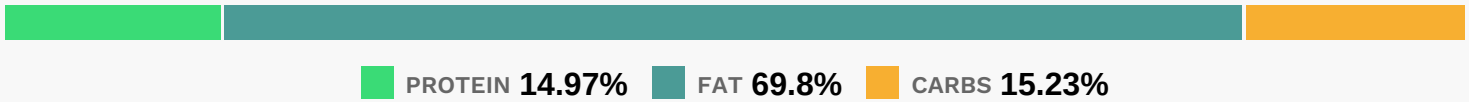
Equipment

- ☐ oven
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 350 degrees F. Grease a 9 by 13-inch casserole dish.
- ☐ Slowly bring the half-and-half, 2 tablespoons butter and salt to a boil. Slowly whisk in the grits, stirring constantly for several minutes.
- ☐ Add all the cheeses and allow to melt. Temper the eggs into the grits and stir together.
- ☐ Pour into casserole dish and bake for 25 to 35 minutes. Top with additional grated cheese if desired.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:13.976956600728%

Nutrients (% of daily need)

Calories: 559.65kcal (27.98%), Fat: 43.99g (67.68%), Saturated Fat: 26.22g (163.86%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 20.71g (7.53%), Sugar: 6g (6.66%), Cholesterol: 166.22mg (55.41%), Sodium: 1116.19mg (48.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.47%), Calcium: 564.08mg (56.41%), Phosphorus: 440mg (44%), Vitamin B2: 0.62mg (36.27%), Selenium: 20.67µg (29.53%), Vitamin A: 1355.11IU (27.1%), Zinc: 2.75mg (18.36%), Vitamin B12: 0.91µg (15.11%), Folate: 49.83µg (12.46%), Vitamin B1: 0.16mg (10.94%), Magnesium: 39.22mg (9.81%), Vitamin B6: 0.18mg (8.96%), Vitamin B5: 0.84mg (8.41%), Potassium: 267.21mg (7.63%), Vitamin E: 0.99mg (6.59%), Iron: 1.18mg (6.53%), Vitamin B3: 1.09mg (5.43%), Vitamin D: 0.56µg (3.73%), Vitamin K: 3.78µg (3.6%), Fiber: 0.89g (3.55%), Copper: 0.06mg (3.03%), Manganese: 0.05mg (2.7%), Vitamin C: 1.09mg (1.32%)