



Quick-Cooking Creamy Cheddar Cheese Grits

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



325 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 tablespoons butter
- 1 garlic clove pressed
- 0.5 teaspoon hot sauce
- 4.5 cups milk
- 2 cups quick-cooking grits uncooked
- 2 teaspoons salt
- 10 oz block sharp cheddar cheese white grated

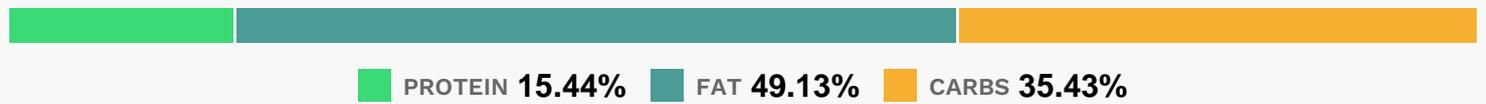
Equipment

- whisk
- dutch oven

Directions

- Bring 2 Tbsp. butter, next 4 ingredients, and 4 1/2 cups water to a boil in a medium-size Dutch oven over medium-high heat. Gradually whisk in grits, and bring to a boil. Reduce heat to medium-low, and simmer, stirring occasionally, 10 to 15 minutes or until thickened. Stir in cheese and remaining 2 Tbsp. butter until melted.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:2.16, Inflammation Score:-5, Nutrition Score:10.319565167894%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 324.88kcal (16.24%), Fat: 18.1g (27.84%), Saturated Fat: 10.44g (65.26%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 27.93g (10.16%), Sugar: 5.68g (6.31%), Cholesterol: 53.57mg (17.86%), Sodium: 734.16mg (31.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.8g (25.6%), Calcium: 338.86mg (33.89%), Phosphorus: 291.7mg (29.17%), Vitamin B2: 0.38mg (22.15%), Vitamin B1: 0.24mg (16.16%), Vitamin B12: 0.9µg (15.05%), Selenium: 10.21µg (14.58%), Folate: 51.73µg (12.93%), Vitamin A: 602.23IU (12.04%), Zinc: 1.77mg (11.82%), Vitamin D: 1.38µg (9.19%), Magnesium: 35.54mg (8.89%), Vitamin B6: 0.17mg (8.53%), Vitamin B3: 1.56mg (7.79%), Potassium: 232.68mg (6.65%), Vitamin B5: 0.63mg (6.27%), Iron: 1.1mg (6.1%), Fiber: 1.43g (5.71%), Manganese: 0.08mg (3.93%), Vitamin E: 0.4mg (2.65%), Copper: 0.04mg (2.22%), Vitamin K: 1.41µg (1.34%)