



Robin's Cheesy Chipotle Grits



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



148 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups chicken broth
- ☐ 4 chipotle peppers in adobo sauce minced
- ☐ 4 ounce chilies green chopped canned
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon ground pepper black
- ☐ 2 cups milk
- ☐ 1 tablespoon olive oil
- ☐ 0.5 onion chopped

- ☐ 1 cup quick-cooking grits
- ☐ 2 teaspoons salt
- ☐ 1.5 cups sharp cheddar cheese shredded divided

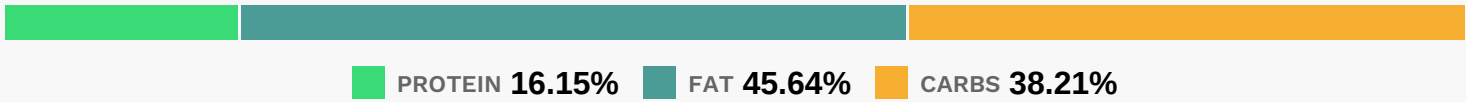
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ Heat the olive oil in a saucepan over medium heat. Stir in the onion, and cook until the onion softens and turns translucent, about 5 minutes.
- ☐ Pour in the chicken broth and milk. Bring to a boil over high heat, then turn the heat to low. Slowly whisk in the grits, then cover the saucepan, and cook for 5 minutes.
- ☐ Once the grits have cooked, stir in the salt, pepper, cumin, chipotle peppers, green chiles, and 1 cup of Cheddar cheese until the cheese has melted.
- ☐ Pour the grits into the prepared 9x13 inch dish, and sprinkle with the remaining 1/2 cup of Cheddar cheese.
- ☐ Bake in the preheated oven until the cheese is bubbly, and has begun to brown, 30-45 minutes.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.94, Inflammation Score:-3, Nutrition Score:5.2843477570492%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 147.5kcal (7.38%), Fat: 7.64g (11.76%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 12.82g (4.66%), Sugar: 3.15g (3.5%), Cholesterol: 19.79mg (6.6%), Sodium: 673.56mg (29.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.17%), Calcium: 158.64mg (15.86%), Phosphorus: 131.89mg (13.19%), Vitamin B2: 0.19mg (10.91%), Vitamin B1: 0.11mg (7.47%), Selenium: 4.98µg (7.12%), Fiber: 1.58g (6.31%), Vitamin B12: 0.38µg (6.29%), Zinc: 0.86mg (5.74%), Folate: 22.91µg (5.73%), Iron: 0.97mg (5.4%), Manganese: 0.09mg (4.65%), Magnesium: 17.71mg (4.43%), Vitamin A: 215.8IU (4.32%), Vitamin B3: 0.76mg (3.8%), Vitamin B6: 0.08mg (3.8%), Vitamin D: 0.53µg (3.55%), Potassium: 114.87mg (3.28%), Vitamin B5: 0.26mg (2.6%), Vitamin E: 0.33mg (2.19%), Vitamin C: 1.51mg (1.83%), Copper: 0.03mg (1.66%), Vitamin K: 1.48µg (1.41%)