



Simple Grits with Toppings



Vegetarian



Gluten Free

READY IN



18 min.

SERVINGS



8

CALORIES



326 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 tablespoons butter
- ☐ 8 servings toppings: hot sauce shredded crumbled cooked sliced chopped
- ☐ 0.5 teaspoon pepper
- ☐ 2 cups quick-cooking grits uncooked
- ☐ 2 teaspoons salt

Equipment

- ☐ whisk
- ☐ dutch oven

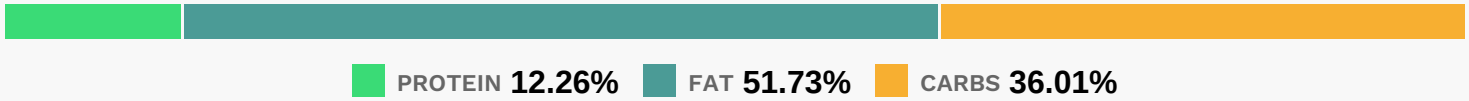
☐

slow cooker

Directions

- ☐ Bring salt and 8 cups water to a boil in a Dutch oven over medium-high heat.
- ☐ Whisk in grits, reduce heat to low, and cook, stirring occasionally, 8 minutes or until creamy.
- ☐ Whisk in butter and pepper.
- ☐ Transfer to a slow cooker to keep warm, and serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:7.9039130677348%

Nutrients (% of daily need)

Calories: 326.39kcal (16.32%), Fat: 19.22g (29.57%), Saturated Fat: 11.25g (70.34%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 28.3g (10.29%), Sugar: 0.48g (0.53%), Cholesterol: 52.58mg (17.52%), Sodium: 845.85mg (36.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.25g (20.5%), Calcium: 217.01mg (21.7%), Phosphorus: 201.54mg (20.15%), Folate: 63.62µg (15.9%), Vitamin B2: 0.26mg (15.19%), Vitamin B1: 0.22mg (14.93%), Selenium: 8.6µg (12.29%), Vitamin A: 563.68IU (11.27%), Zinc: 1.45mg (9.69%), Vitamin B3: 1.8mg (9.01%), Iron: 1.37mg (7.61%), Fiber: 1.81g (7.23%), Magnesium: 26.67mg (6.67%), Vitamin B6: 0.12mg (6.06%), Vitamin B12: 0.34µg (5.6%), Manganese: 0.1mg (5.09%), Vitamin E: 0.47mg (3.13%), Copper: 0.05mg (2.64%), Vitamin B5: 0.25mg (2.52%), Potassium: 81.42mg (2.33%), Vitamin K: 1.66µg (1.58%), Vitamin D: 0.18µg (1.2%)