



WHATSheATE



Slow-Cooker Cheese Grits



Gluten Free

READY IN



610 min.

SERVINGS



8

CALORIES



280 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup heavy cream
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper
- ☐ 1.5 teaspoons salt
- ☐ 4 oz sharp cheddar cheese shredded
- ☐ 2 cups grits stone-ground uncooked

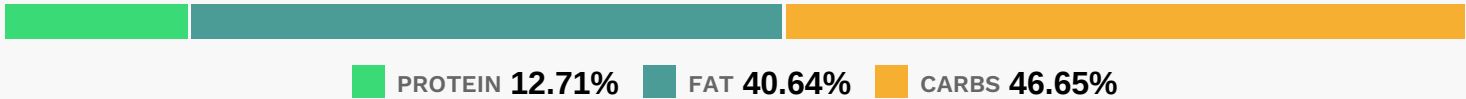
Equipment

- ☐ sieve
- ☐ slow cooker

Directions

- ☐ Stir together grits and 6 cups water in a 5- or 6-qt. slow cooker.
- ☐ Let stand 1 to 2 minutes, allowing grits to settle to bottom. Tilt slow cooker slightly, and skim off solids using a fine wire-mesh strainer. Cover and soak 8 hours or overnight.
- ☐ Cover and cook grits on HIGH 2 hours to 2 hours and 30 minutes, stirring halfway through. Stir in cream and remaining ingredients.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:4.8800000077033%

Nutrients (% of daily need)

Calories: 279.53kcal (13.98%), Fat: 12.56g (19.33%), Saturated Fat: 7.26g (45.39%), Carbohydrates: 32.46g (10.82%), Net Carbohydrates: 31.8g (11.56%), Sugar: 0.52g (0.58%), Cholesterol: 35.54mg (11.85%), Sodium: 663.03mg (28.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Selenium: 13.09µg (18.71%), Calcium: 162.82mg (16.28%), Phosphorus: 138.37mg (13.84%), Vitamin A: 477.03IU (9.54%), Vitamin B2: 0.12mg (6.77%), Zinc: 0.97mg (6.5%), Magnesium: 17.36mg (4.34%), Vitamin B12: 0.25µg (4.21%), Vitamin B1: 0.06mg (3.89%), Vitamin B6: 0.08mg (3.76%), Manganese: 0.07mg (3.26%), Vitamin B5: 0.29mg (2.93%), Fiber: 0.66g (2.62%), Iron: 0.46mg (2.58%), Potassium: 85.5mg (2.44%), Vitamin B3: 0.49mg (2.44%), Copper: 0.04mg (1.96%), Vitamin E: 0.29mg (1.93%), Vitamin D: 0.24µg (1.57%), Folate: 5.73µg (1.43%), Vitamin K: 1.25µg (1.19%)