



Slow-Cooker Stone-Ground Grits



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

☐ 6 servings salt and pepper freshly ground to taste

☐ 1.5 cups grits yellow stone-ground uncooked

☐ 4.5 cups water

Equipment

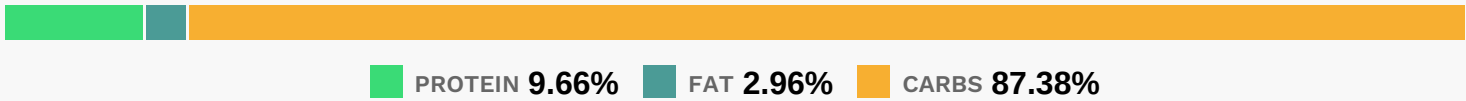
☐ sieve

☐ slow cooker

Directions

- ☐ Stir together grits and water in a 3-qt. slow cooker.
- ☐ Let stand 2 minutes, allowing grits to settle to bottom; tilt slow cooker slightly, and skim off solids using a fine wire-mesh strainer. Cover and cook on HIGH 2 1/2 to 3 hours or until grits are creamy and tender, stirring every 45 minutes. Season with salt and freshly ground pepper to taste.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.8291304390068%

Nutrients (% of daily need)

Calories: 144.69kcal (7.23%), Fat: 0.47g (0.72%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 31.04g (10.35%), Net Carbohydrates: 30.42g (11.06%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 203.05mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Selenium: 6.63µg (9.47%), Vitamin B1: 0.05mg (3.38%), Magnesium: 12.31mg (3.08%), Copper: 0.06mg (2.89%), Vitamin B6: 0.06mg (2.87%), Phosphorus: 28.47mg (2.85%), Fiber: 0.62g (2.5%), Vitamin B3: 0.47mg (2.34%), Iron: 0.39mg (2.18%), Manganese: 0.04mg (2.09%), Vitamin B5: 0.19mg (1.89%), Vitamin A: 83.46IU (1.67%), Potassium: 53.47mg (1.53%), Zinc: 0.18mg (1.19%)