



Smoked Gouda Cheese Grits

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 cups chicken broth
- ☐ 1 cup gouda cheese smoked freshly grated
- ☐ 6 servings bell pepper to taste
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 0.5 teaspoon salt

Equipment

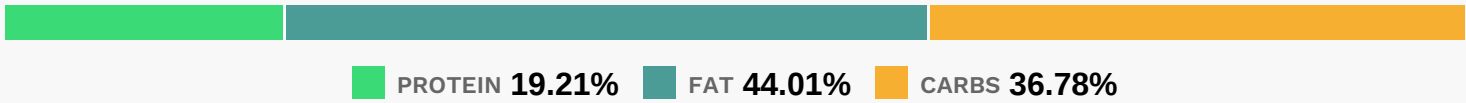
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring chicken broth and 2 1/2 cups water to a boil in a medium saucepan over medium-high heat. Gradually whisk in grits; reduce heat to low. Cook, stirring occasionally, 10 minutes or until creamy.
- ☐ Gradually stir in cheese, and cook, stirring occasionally, 5 minutes or until cheese is melted and smooth. Stir in butter and salt; season with pepper to taste.
- ☐ *Vegetable broth may be substituted.
- ☐ Try This Twist! Shrimp and Grits: Soak 1 lb. large peeled raw shrimp (31/40 count) in 1/3 cup dry vermouth 10 minutes; drain. Saut shrimp in 2 Tbsp. melted butter in a skillet 2 to 3 minutes or until done. Season with salt and ground white pepper to taste.
- ☐ Serve over Smoked Gouda Cheese Grits. Makes 4 to 6 servings. Hands-on time: 10 min., Total time: 35 min. (including grits).

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.17, Inflammation Score:-9, Nutrition Score:16.814347889112%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 266.77kcal (13.34%), Fat: 13.42g (20.65%), Saturated Fat: 8.26g (51.61%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 22.49g (8.18%), Sugar: 4.59g (5.1%), Cholesterol: 51.54mg (17.18%), Sodium: 825.83mg (35.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.18g (26.36%), Vitamin C: 95.36mg (115.59%), Vitamin A: 2614.47IU (52.29%), Calcium: 286.03mg (28.6%), Phosphorus: 279.31mg (27.93%), Folate: 80.61µg (20.15%), Vitamin B2: 0.32mg (19.03%), Vitamin B6: 0.31mg (15.75%), Vitamin B1: 0.21mg (14.11%), Zinc: 2.01mg (13.39%), Fiber: 2.75g (10.99%), Vitamin B3: 2.11mg (10.57%), Vitamin B12: 0.63µg (10.45%), Vitamin E: 1.36mg (9.05%), Manganese: 0.18mg (8.93%), Selenium: 6.13µg (8.76%), Magnesium: 33.3mg (8.32%), Iron: 1.34mg (7.45%), Potassium: 255.62mg

(7.3%), Vitamin B5: 0.46mg (4.56%), Vitamin K: 4.72µg (4.5%), Copper: 0.07mg (3.29%), Vitamin D: 0.2µg (1.31%)