



Smoked Gouda Grits

 Vegetarian  Gluten Free

READY IN

ready

20 min.

SERVINGS

servings

8

CALORIES

calories

332 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons butter
- ☐ 8 ounces gouda cheese smoked shredded
- ☐ 6 cups chicken broth low-sodium
- ☐ 2 cups milk
- ☐ 0.5 teaspoon pepper
- ☐ 2 cups quick-cooking grits uncooked
- ☐ 2 teaspoons salt

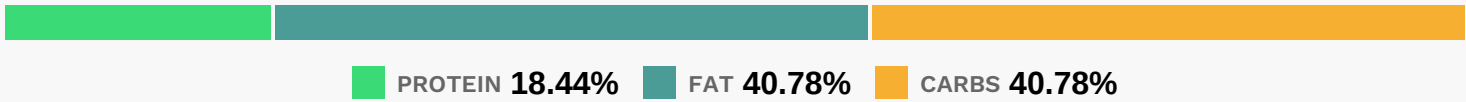
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring chicken broth, milk, salt, and pepper to a boil in a medium saucepan over medium-high heat; gradually whisk in grits. Cover, reduce heat to medium-low, and simmer, whisking occasionally, 5 minutes or until thickened. Stir in cheese and butter until melted.
- ☐ *Water may be substituted.
- ☐ Note: We tested with Frico Smoked Gouda.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:1.27, Inflammation Score:-5, Nutrition Score:10.886087039243%

Nutrients (% of daily need)

Calories: 332.19kcal (16.61%), Fat: 15.55g (23.92%), Saturated Fat: 9.24g (57.73%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 33.17g (12.06%), Sugar: 4.17g (4.63%), Cholesterol: 50.93mg (16.98%), Sodium: 924.36mg (40.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.63%), Phosphorus: 332.38mg (33.24%), Calcium: 284.21mg (28.42%), Vitamin B3: 4.29mg (21.45%), Vitamin B2: 0.36mg (20.95%), Vitamin B1: 0.26mg (17.18%), Vitamin B12: 0.95µg (15.87%), Folate: 63.11µg (15.78%), Zinc: 1.88mg (12.54%), Iron: 1.76mg (9.78%), Potassium: 335.08mg (9.57%), Magnesium: 35.78mg (8.94%), Vitamin B6: 0.18mg (8.9%), Vitamin A: 390.31IU (7.81%), Selenium: 5.33µg (7.61%), Fiber: 1.81g (7.23%), Copper: 0.14mg (7.19%), Vitamin D: 0.81µg (5.42%), Manganese: 0.1mg (5.22%), Vitamin B5: 0.45mg (4.46%), Vitamin E: 0.22mg (1.48%), Vitamin K: 1.41µg (1.34%)