



Summer Corn Grits



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups corn kernels fresh (3 ears)
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons olive oil
- ☐ 6 servings salt to taste
- ☐ 1 cup grits stone-ground uncooked
- ☐ 4 cups water

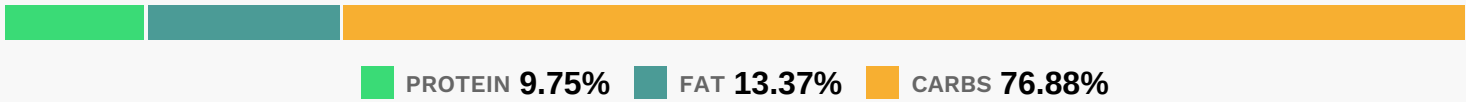
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Saut corn kernels and garlic in hot olive oil in a medium saucepan over medium-high heat 2 to 3 minutes or until corn is tender.
- ☐ Transfer mixture to a small bowl.
- ☐ Add water to saucepan, and bring to a boil over medium-high heat. Stir in uncooked grits and 1 tsp. kosher salt; return to a boil, stirring occasionally. Cover, reduce heat to low, and cook, stirring occasionally, 30 to 35 minutes or until tender. Stir in corn mixture, and add salt to taste.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.1339130634847%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 140.17kcal (7.01%), Fat: 2.14g (3.29%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 26.49g (9.63%), Sugar: 2.44g (2.71%), Cholesterol: 0mg (0%), Sodium: 595.07mg (25.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Selenium: 4.71µg (6.73%), Vitamin B1: 0.09mg (6.07%), Magnesium: 22.15mg (5.54%), Phosphorus: 52.01mg (5.2%), Manganese: 0.1mg (4.83%), Vitamin B3: 0.96mg (4.79%), Fiber: 1.15g (4.61%), Folate: 16.54µg (4.13%), Vitamin B6: 0.08mg (3.91%), Vitamin B5: 0.39mg (3.89%), Potassium: 135.63mg (3.88%), Copper: 0.07mg (3.31%), Vitamin C: 2.62mg (3.18%), Iron: 0.47mg (2.61%), Vitamin A: 123.47IU (2.47%), Zinc: 0.3mg (1.98%), Vitamin B2: 0.03mg (1.82%), Vitamin E: 0.22mg (1.45%)