

Tomato Grits



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



10

CALORIES



323 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter
- ☐ 10 ounce canned tomatoes diced green canned suggested: Ro-Tel
- ☐ 4 ounces processed cheddar cheese cubed suggested: Velveeta
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup green onions diced
- ☐ 1.3 cups milk
- ☐ 1 cup cooking grits quick
- ☐ 1 teaspoon salt

- ☐ 2.5 cups cheddar cheese shredded
- ☐ 2 cups water

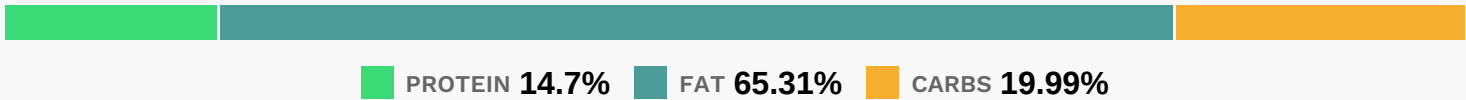
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a saucepan, bring the water and milk to a boil.
- ☐ Add the salt and slowly add the grits and return to a boil, stirring constantly for 1 minute. Reduce the heat, cover, and cook for 3 minutes. While stirring the grits add the 1/2 cup of butter and stir until butter is melted. Cover and cook for 3 to 5 minutes, or until the grits are thick and creamy.
- ☐ Remove from heat and set aside.
- ☐ Using a skillet, saute the onions in the remaining tablespoon of butter for 1 minute.
- ☐ Add the processed cheese, garlic powder, 1 1/2 cups cheddar, and onions to grits, and stir until the cheese is melted.
- ☐ Add the tomatoes and mix well.
- ☐ Pour the grits into a greased 8 by 11 by 2-inch casserole and bake for 40 minutes.
- ☐ Sprinkle remaining 1 cup cheese over the casserole for the last 5 minutes of cooking time.

Nutrition Facts



Properties

Glycemic Index:21.7, Glycemic Load:1.44, Inflammation Score:-6, Nutrition Score:9.7060868740082%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 322.95kcal (16.15%), Fat: 23.93g (36.81%), Saturated Fat: 14.05g (87.83%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 15.14g (5.5%), Sugar: 3.08g (3.42%), Cholesterol: 67.65mg (22.55%), Sodium: 616.7mg (26.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.24%), Calcium: 334.39mg (33.44%), Phosphorus: 250.03mg (25%), Selenium: 12.11µg (17.29%), Vitamin B2: 0.29mg (16.88%), Vitamin A: 823.92IU (16.48%), Zinc: 1.82mg (12.14%), Vitamin B12: 0.6µg (10.06%), Vitamin K: 10.24µg (9.75%), Folate: 37.3µg (9.33%), Vitamin B1: 0.14mg (9.23%), Magnesium: 28.7mg (7.18%), Vitamin B6: 0.13mg (6.6%), Vitamin E: 0.95mg (6.32%), Vitamin B3: 1.13mg (5.67%), Iron: 1.01mg (5.61%), Potassium: 193.77mg (5.54%), Fiber: 1.34g (5.37%), Manganese: 0.1mg (4.81%), Copper: 0.09mg (4.62%), Vitamin B5: 0.42mg (4.18%), Vitamin C: 3.24mg (3.92%), Vitamin D: 0.57µg (3.82%)