



Yellow Grits Wedges

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 cups chicken broth low-sodium
- 2 cups milk
- 6 servings pepper freshly ground to taste
- 0.5 teaspoon salt
- 1.5 cups grits yellow stone-ground uncooked

Equipment

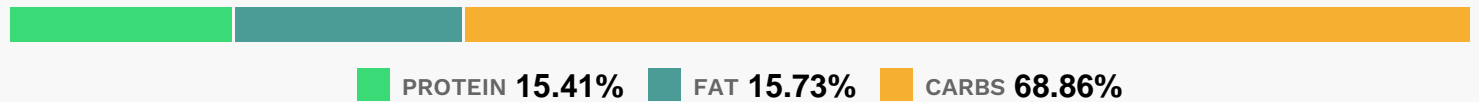
- frying pan
- sauce pan

aluminum foil

Directions

- Line a 9-inch square pan with aluminum foil; coat with cooking spray.
- Bring 2 1/2 cups chicken broth and 2 cups milk to a boil in a large saucepan; stir in grits and salt. Reduce heat, and cook, stirring constantly, 17 to 20 minutes or until very thick. Stir in pepper to taste.
- Spread hot grits evenly into prepared pan; let stand 10 minutes.
- Cut into 6 rectangles; cut each in half, forming 2 triangles.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:1.46, Inflammation Score:-2, Nutrition Score:5.3256521756234%

Nutrients (% of daily need)

Calories: 209.47kcal (10.47%), Fat: 3.66g (5.64%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 36.09g (12.03%), Net Carbohydrates: 35.44g (12.89%), Sugar: 4.29g (4.77%), Cholesterol: 9.76mg (3.25%), Sodium: 254.61mg (11.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.15%), Phosphorus: 140.27mg (14.03%), Selenium: 8.18µg (11.69%), Calcium: 105.32mg (10.53%), Vitamin B3: 1.9mg (9.51%), Vitamin B2: 0.16mg (9.27%), Vitamin B12: 0.54µg (8.96%), Potassium: 261.37mg (7.47%), Vitamin B1: 0.1mg (6.42%), Vitamin D: 0.89µg (5.96%), Vitamin B6: 0.12mg (5.85%), Magnesium: 21.45mg (5.36%), Vitamin B5: 0.49mg (4.94%), Vitamin A: 215.77IU (4.32%), Copper: 0.08mg (4.08%), Zinc: 0.59mg (3.96%), Iron: 0.61mg (3.38%), Manganese: 0.06mg (2.89%), Fiber: 0.65g (2.6%)