



Zippy Garlic Cheese Grits

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



86 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon garlic minced
- ☐ 0.3 teaspoon hot sauce
- ☐ 6 ounces cheddar cheese shredded reduced-fat
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup skim milk
- ☐ 4 cups water
- ☐ 2 teaspoons worcestershire sauce low-sodium

Equipment

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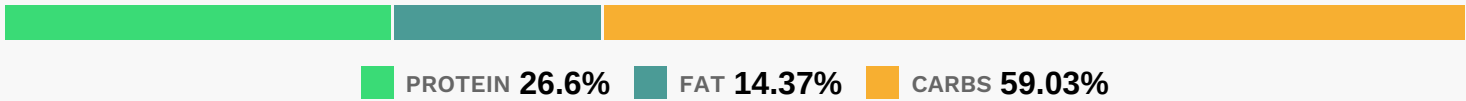
 sauce pan

Directions

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 Combine water and milk in a medium saucepan; bring to a boil. Stir in grits and next 4 ingredients. Cover, reduce heat, and simmer 10 to 12 minutes or until creamy, stirring occasionally. Stir in cheese. Cook, uncovered, over medium heat, stirring frequently, 12 to 15 minutes or until grits are thickened.

Nutrition Facts



Properties

Glycemic Index:6.32, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:3.3147826016597%

Flavonoids

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

Nutrients (% of daily need)

Calories: 86.33kcal (4.32%), Fat: 1.4g (2.16%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 12.25g (4.46%), Sugar: 0.98g (1.09%), Cholesterol: 3.94mg (1.31%), Sodium: 190.58mg (8.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.69%), Phosphorus: 121.19mg (12.12%), Calcium: 92.06mg (9.21%), Vitamin B1: 0.1mg (6.41%), Folate: 25.02µg (6.25%), Vitamin B2: 0.1mg (6.14%), Selenium: 2.76µg (3.94%), Vitamin B3: 0.75mg (3.73%), Iron: 0.66mg (3.68%), Zinc: 0.52mg (3.44%), Magnesium: 12.63mg (3.16%), Vitamin B6: 0.06mg (2.93%), Fiber: 0.72g (2.87%), Vitamin B12: 0.15µg (2.57%), Manganese: 0.04mg (1.96%), Copper: 0.04mg (1.93%), Potassium: 64.25mg (1.84%), Vitamin A: 61.34IU (1.23%), Vitamin B5: 0.12mg (1.23%), Vitamin D: 0.15µg (1.01%)