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## Cheesy Grits <sup>••</sup>

Cheesy grits is a classic Southern dish made with cornmeal, cheese, and butter. It is often served as a side dish for breakfast or brunch, but can also be enjoyed as a main course. The creamy texture and rich flavor of the cheese make it a comforting and satisfying dish.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 30 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

1 c	cup of grits
1 c	cheese

### Directions

## Step 1

Boiling

Cook the grits according to the package instructions.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

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## Step 2

Stirring

Stir in the cheese until melted and well combined.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 3

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 8 g

**Protein:** 5 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	8 g	28.57%	32%
Cholesterol	20 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	100 mg	2.94%	3.85%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	6 mcg	10.91%	10.91%

## Recipe Attributes

### Seasonality

Spring Fall

### Meal Type

Breakfast Lunch Snack Brunch Supper

### Course

Breads Soups Sauces & Dressings

### Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest  
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter  
Halloween

### Difficulty Level

Easy

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