



Healthdor

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Creamy White Cheddar Grits ♦♦

Creamy white cheddar grits is a classic Southern dish that is often enjoyed for breakfast or brunch. It is made by cooking ground cornmeal with milk, butter, and white cheddar cheese until thick and creamy. The grits are then seasoned with salt and pepper to taste. This comforting dish is perfect for those who love cheesy and savory flavors.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	ground cornmeal
1000 ml	milk
50 g	butter
200 g	white cheddar cheese
1 tsp	Salt

0.5 tsp Black pepper

Directions

Step 1

Stove

In a medium saucepan, bring the milk to a boil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Gradually whisk in the ground cornmeal and reduce the heat to low.

Prep Time: 2 mins

Cook Time: 15 mins

Step 3

Stove

Cook the mixture, stirring frequently, for 15 minutes or until thickened.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Stove

Stir in the butter and white cheddar cheese until melted and well combined.

Prep Time: 2 mins

Cook Time: 3 mins

Step 5

Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	200 iu	22.22%	28.57%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	200 mg	20%	20%
Iron	1 mg	12.5%	5.56%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Winter
 Spring
 Summer
 Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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