



## Creamy Grits

These grits can be used in many applications, such as breakfast or for brunch with shrimp.

### U.S.

2 1/2 cups  
1 1/2 cup  
1/4 tsp  
3/4 cup  
1/4 cup

Water  
Milk, 1%  
Salt, Kosher  
Grits, stoneground  
Parmesan Cheese, grated

### Metric

590 mL  
355 mL  
1.5 g  
160 g  
30 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. In a medium sized pot, bring water, milk, and salt to a boil.
3. Add the grits and whisk to combine. Decrease the heat to low and cover the pot with a lid. Whisk occasionally to avoid lumps. Cook until creamy, about 20-25 minutes, adding more water as necessary to prevent grits from getting too thick.
4. Once creamy, remove the pot from the heat and mix in the cheese. Serve warm. If not serving immediately, you may need to add more liquid. Grits will continue to thicken as they sit.

**\*\*Nutrition Facts on Reverse**

---

## Nutrition Facts

---

5 Servings

**Serving size**                    **1/2 cup**

---

**Amount per serving**

**Calories**                            **150**

---

**Total Fat**                            3.5 g

    Saturated Fat                    1 g

    Trans Fat                            0 g

    Monounsaturated Fat        0.5 g

**Cholesterol**                        10 mg

**Sodium**                                230 mg

**Total Carbohydrate**            25 g

    Dietary Fiber                    2 g

    Total Sugars                    4 g

        Includes 0g Added Sugars

**Protein**                                6 g

Vitamin D                            5 %

Calcium                                11 %

Iron                                      0 %

Potassium                            100 mg

Phosphorus                          100 mg

---