

Toasted Garlic Grits

Nancy Vienneau - Nashville, TN
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Servings: 6

1 teaspoon butter
2 cloves garlic, minced
2 cups water
1/2 cup stone-ground, grits
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 egg
1/4 cup half-and-half
shredded cheddar cheese (optional)

Preheat the oven to 350 degrees.

Butter a 1-1/2-quart casserole dish.

Melt the butter in a medium saucepan over medium heat. Add the garlic and saute' until golden brown. (Watch carefully as garlic goes from browned to burned in a flash). Add water and stir in the grits, salt and pepper. Bring to a boil; reduce the heat and simmer until thick and creamy, about 20 minutes. Remove from the heat and let cool slightly.

Beat the egg with half-and-half. Add to the grits, stirring well. Pour into a baking dish. Top with cheese, if using.

Bake about 20 minutes, until puffed and golden.

Per Serving (excluding unknown items): 20 Calories; 1g Fat (67.7% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 37mg Cholesterol; 198mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.

Breakfast, Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	20	Vitamin B6 (mg):	trace
% Calories from Fat:	67.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	9.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	23.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	4mcg
Saturated Fat (g):	1g	Niacin (mg):	trace

Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 37mg
Carbohydrate (g): trace
Dietary Fiber (g): trace
Protein (g): 1g
Sodium (mg): 198mg
Potassium (mg): 17mg
Calcium (mg): 9mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 65IU
Vitamin A (r.e.): 17 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 20 **Calories from Fat:** 13

% Daily Values*

Total Fat	1g	2%
Saturated Fat	1g	3%
Cholesterol	37mg	12%
Sodium	198mg	8%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	0%
Protein	1g	
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Vitamin A		1%
Vitamin C		1%
Calcium		1%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.