

Spring Onion Pimiento Cheese Grits

Melissa Pelkey Hass - Waleska, GA
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Servings: 16

2 cups uncooked stone-ground yellow grits
1 package (8 ounce) cream cheese, softened
1/2 cup mayonnaise
3 cups Monterey Jack cheese, shredded
1 jar (4 ounce) diced pimientos, drained
3 green onions, sliced
1 teaspoon sugar
dash cayenne pepper
1/4 cup butter, softened
salt (to taste)
pepper (to taste)

Preparation Time: 15 minutes

Cook Time: 20 minutes

Prepare the grits according to package directions. Keep warm.

In a bowl, using a mixer, beat the cream cheese and mayonnaise until creamy.

Add the cheese, pimientos, green onions, sugar and cayenne. Mix until well blended.

Stir the butter and pimiento cheese mixture into the warm grits. Season to taste. Mix well.

Per Serving (excluding unknown items): 206 Calories; 20g Fat (85.9% calories from fat); 6g Protein; 1g Carbohydrate; trace Dietary Fiber; 45mg Cholesterol; 225mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 3 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	206	Vitamin B6 (mg):	.1mg
% Calories from Fat:	85.9%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	1.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	12.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	20g	Folacin (mcg):	8mcg
Saturated Fat (g):	10g	Niacin (mg):	trace
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	45mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	6g
Sodium (mg):	225mg
Potassium (mg):	45mg
Calcium (mg):	174mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	547IU
Vitamin A (r.e.):	154 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories	206	Calories from Fat:	177
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% Daily Values*

Total Fat	20g	31%
Saturated Fat	10g	49%
Cholesterol	45mg	15%
Sodium	225mg	9%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	6g	

Vitamin A	11%
Vitamin C	1%
Calcium	17%
Iron	2%

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