

Baked Cheese Grits

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

Servings: 6

*1 cup quick grits
1 teaspoon salt
4 cups boiling water
1 1/2 cups sharp cheese, shredded
1/2 cup butter
1/2 cup milk
2 eggs, well beaten*

Preheat the oven to 350 degrees.

Stir the grits into boiling water. Cook for 5 minutes, stirring occasionally.

Add the cheese, butter, milk and beaten eggs. Stir until the cheese is melted.

Pour the mixture into a greased two-quart casserole.

Bake for one hour.

Per Serving (excluding unknown items): 173 Calories; 18g Fat (90.8% calories from fat); 3g Protein; 1g Carbohydrate; 0g Dietary Fiber; 115mg Cholesterol; 549mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 3 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	173
% Calories from Fat:	90.8%
% Calories from Carbohydrates:	2.5%
% Calories from Protein:	6.7%
Total Fat (g):	18g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	115mg
Carbohydrate (g):	1g
Dietary Fiber (g):	0g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	10mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 3g
Sodium (mg): 549mg
Potassium (mg): 58mg
Calcium (mg): 43mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 685IU
Vitamin A (r.e.): 174RE

Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 173 Calories from Fat: 157

% Daily Values*

Total Fat	18g	27%
Saturated Fat	10g	52%
Cholesterol	115mg	38%
Sodium	549mg	23%
Total Carbohydrates	1g	0%
Dietary Fiber	0g	0%
Protein	3g	

Vitamin A	14%
Vitamin C	0%
Calcium	4%
Iron	2%

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