

Spinach Cheese Grits

The Great Southern Hotel - Brinkley, AR
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 8

4 cups water
1/2 teaspoon salt
1 cup quick grits
1/2 teaspoon granulated garlic (or more)
1 package (10 ounce) frozen chopped spinach, thawed and squeezed dry
2 cups Cheddar cheese, grated
4 eggs

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Preheat the oven to 350 degrees.

In a saucepan, boil the water and add the salt and garlic. Stir in the quick grits. Cook for about 2 minutes. Remove from the heat.

Stir in one cup of the grated cheese. Stir in the spinach. In a bowl, beat the eggs slightly. Stir into the mixture. Pour the mixture into a greased baking dish.

Bake for 30 to 45 minutes or until puffy and firm in the center.

Top with the remaining grated cheese. Allow the cheese to melt in the warm oven for a few minutes.

(This dish can be served with any meal from brunch to dinner.)

Per Serving (excluding unknown items): 165 Calories; 12g Fat (64.9% calories from fat); 12g Protein; 3g Carbohydrate; 2g Dietary Fiber; 136mg Cholesterol; 390mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	165	Vitamin B6 (mg):	.1mg
% Calories from Fat:	64.9%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	6.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	28.4%	Riboflavin B2 (mg):	.3mg

Total Fat (g): 12g
Saturated Fat (g): 7g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 136mg
Carbohydrate (g): 3g
Dietary Fiber (g): 2g
Protein (g): 12g
Sodium (mg): 390mg
Potassium (mg): 245mg
Calcium (mg): 284mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 4835IU
Vitamin A (r.e.): 566RE

Folacin (mcg): 85mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 165 **Calories from Fat:** 107

% Daily Values*

Total Fat	12g	19%
Saturated Fat	7g	34%
Cholesterol	136mg	45%
Sodium	390mg	16%
Total Carbohydrates	3g	1%
Dietary Fiber	2g	7%
Protein	12g	
Vitamin A		97%
Vitamin C		23%
Calcium		28%
Iron		10%

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