

# Southern Cheese Grits

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-cheese-grits-recipe>

## Ingredients:

- 1/2 cup grits cooked according to directions on box
- 1/4 cup milk
- 3/4 stick butter 6 Tablespoons
- 1 1/2 cups medium cheddar cheese grated
- 2 garlic cloves minced
- 2 eggs
- 1/3 teaspoon salt
- 1/4 teaspoon pepper
- scallions optional

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 195 milligrams
4. Fat: 34 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 21 grams
8. Sodium: 630 milligrams
9. Sugar: 2 grams

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