

Old Fashioned Creamy Grits

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-grits-recipe>

Ingredients:

- 2 cups water or more
- 2 cups milk or more
- 1 cup grits stone-ground or regular
- kosher salt
- 1/4 cup heavy cream
- 2 tablespoons unsalted butter

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 50 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 9 grams
8. Sodium: 300 milligrams
9. Sugar: 8 grams

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