



 **76%**
HEALTH SCORE

Creole Liver

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 pound beef liver thinly sliced
- 14.5 ounce canned tomatoes diced undrained canned
- 4 servings grits hot cooked
- 0.5 teaspoon thyme leaves dried
- 2 tablespoons flour all-purpose
- 1 garlic clove pressed
- 1 large bell pepper green chopped

- 1 medium onion chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 2 tablespoons vegetable oil

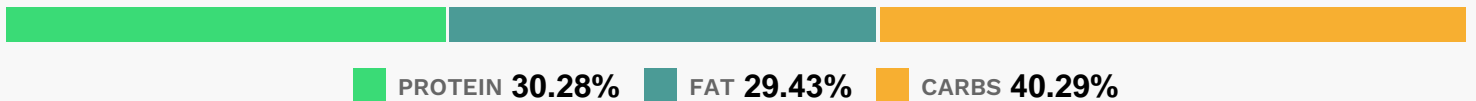
Equipment

- frying pan

Directions

- Combine first 3 ingredients in a shallow dish, and dredge liver in flour mixture.
- Cook liver in oil in a large skillet over medium-high heat until browned, turning once.
- Remove liver, reserving drippings in skillet.
- Add onion, bell pepper, and garlic to reserved drippings, and saut until tender.
- Add liver, tomato, bay leaf, and salt; cover, reduce heat, and simmer 10 minutes.
- Remove and discard bay leaf.
- Serve over grits.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:4.95, Inflammation Score:-10, Nutrition Score:51.636956588082%

Flavonoids

Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 359.44kcal (17.97%), Fat: 11.83g (18.2%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 32.27g (11.73%), Sugar: 6.8g (7.56%), Cholesterol: 311.84mg (103.95%), Sodium: 509.63mg (22.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.38g (54.76%), Vitamin B12: 67.25µg (1120.75%), Copper:

11.3mg (564.93%), Vitamin A: 19542.26IU (390.85%), Vitamin B2: 3.29mg (193.34%), Folate: 391.5µg (97.88%), Vitamin B3: 17.58mg (87.91%), Vitamin B5: 8.57mg (85.66%), Vitamin B6: 1.56mg (78.09%), Selenium: 50.43µg (72.04%), Vitamin C: 46.24mg (56.04%), Phosphorus: 510.53mg (51.05%), Iron: 8.15mg (45.26%), Manganese: 0.74mg (36.83%), Zinc: 5.13mg (34.19%), Vitamin B1: 0.48mg (32.25%), Vitamin K: 26.98µg (25.7%), Potassium: 804.45mg (22.98%), Fiber: 4.17g (16.66%), Vitamin E: 2.47mg (16.44%), Magnesium: 55.4mg (13.85%), Vitamin D: 1.36µg (9.07%), Calcium: 57.47mg (5.75%)