



Easy Pork Grillades Over Panko-Crusted Grits Patties

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



413 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups baby portobello mushrooms sliced
- ☐ 14.5 oz canned tomatoes diced with garlic and onion canned
- ☐ 1 cup celery chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 2 teaspoons old bay seasoning

- ☐ 4 tablespoons olive oil divided
- ☐ 6 servings panko-crusted grits patties
- ☐ 1.3 pounds pork loin chops boneless
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 tsp pepper dried red crushed
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons or dried fresh chopped
- ☐ 0.8 teaspoon or dried fresh chopped
- ☐ 0.8 teaspoon or dried fresh chopped

Equipment

- ☐ frying pan

Directions

- ☐ Prepare Panko-Crusted Grits Patties; keep warm.
- ☐ Trim fat from pork chops, and cut pork crosswise into thin strips.
- ☐ Combine flour and Old Bay seasoning; dredge pork in flour mixture.
- ☐ Cook half of pork in 2 Tbsp. hot oil in a large skillet over medium-high heat 3 minutes on each side or until browned.
- ☐ Repeat procedure with 1 Tbsp. oil and remaining pork.
- ☐ Remove pork from skillet.
- ☐ Saut celery and bell peppers in remaining 1 Tbsp. oil in skillet 30 seconds.
- ☐ Add mushrooms, and saut 2 minutes.
- ☐ Add tomatoes and next 5 ingredients; cook over medium heat 5 minutes.
- ☐ Add pork; cover, reduce heat, and simmer 5 minutes.
- ☐ Serve over Panko-Crusted Grits Patties.

Nutrition Facts



 PROTEIN **26.73%**  FAT **30.98%**  CARBS **42.29%**

Properties

Glycemic Index:31.17, Glycemic Load:4.55, Inflammation Score:-8, Nutrition Score:21.801739205485%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 413.31kcal (20.67%), Fat: 14.27g (21.95%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 40.44g (14.71%), Sugar: 5.1g (5.66%), Cholesterol: 59.53mg (19.84%), Sodium: 258.82mg (11.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.69g (55.39%), Selenium: 40.47µg (57.82%), Vitamin B6: 1.01mg (50.43%), Vitamin B3: 8.88mg (44.38%), Vitamin B1: 0.6mg (39.94%), Vitamin C: 32.91mg (39.89%), Phosphorus: 317.14mg (31.71%), Vitamin K: 25.59µg (24.37%), Potassium: 834.45mg (23.84%), Vitamin B2: 0.32mg (19.03%), Vitamin E: 2.68mg (17.86%), Manganese: 0.34mg (17.1%), Copper: 0.33mg (16.69%), Iron: 2.9mg (16.13%), Vitamin A: 792.8IU (15.86%), Zinc: 2.36mg (15.75%), Vitamin B5: 1.53mg (15.27%), Magnesium: 56.9mg (14.22%), Fiber: 3.38g (13.51%), Folate: 43.06µg (10.76%), Vitamin B12: 0.52µg (8.6%), Calcium: 51.86mg (5.19%), Vitamin D: 0.46µg (3.09%)