



Grillades and Grits

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



389 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 1 cup celery diced finely
- ☐ 1 teaspoon creole seasoning divided
- ☐ 14 oz chicken broth fat-free low-sodium canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup bell pepper diced green finely
- ☐ 4 servings creamy grits
- ☐ 2 teaspoons olive oil

- ☐ 1 cup onion diced finely
- ☐ 1 pound breakfast pork cutlets lean trimmed

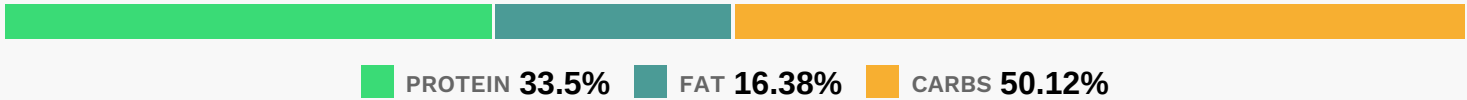
Equipment

- ☐ frying pan

Directions

- ☐ Combine flour and 1/2 tsp. Creole seasoning in a shallow dish. Dredge pork in flour mixture.
- ☐ Cook pork, in 2 batches, in 1/2 tsp. hot oil per batch in a large skillet over medium-high heat 2 minutes on each side or until done.
- ☐ Remove from skillet, and keep warm.
- ☐ Add remaining 1tsp. oil to skillet. Saut diced onion, celery, and bell pepper in hot oil 3 to 5 minutes or until vegetables are tender. Stir in remaining 1/2 tsp. Creole seasoning. Stir in diced tomatoes and chicken broth, and cook 2 minutes, stirring to loosen particles from bottom of skillet. Simmer 15 to 18 minutes or until liquid reduces to about 2 Tbsp.
- ☐ Serve tomato mixture over Creamy Grits and pork.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:6.25, Inflammation Score:-7, Nutrition Score:25.198260970738%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 388.56kcal (19.43%), Fat: 7.06g (10.86%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 48.6g (16.2%), Net Carbohydrates: 44.34g (16.12%), Sugar: 7.47g (8.3%), Cholesterol: 74.84mg (24.95%), Sodium: 620.09mg (26.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.48g (64.96%), Selenium: 50.8µg (72.58%), Vitamin B1: 1mg

(66.71%), Vitamin B3: 12.24mg (61.21%), Vitamin B6: 1.21mg (60.29%), Phosphorus: 366.55mg (36.65%), Vitamin C: 28.55mg (34.61%), Potassium: 995.91mg (28.45%), Vitamin B2: 0.37mg (21.65%), Manganese: 0.4mg (19.9%), Magnesium: 73.33mg (18.33%), Copper: 0.35mg (17.37%), Fiber: 4.27g (17.06%), Iron: 2.95mg (16.4%), Zinc: 2.44mg (16.25%), Vitamin B5: 1.59mg (15.94%), Vitamin K: 16.12µg (15.35%), Vitamin A: 695.54IU (13.91%), Vitamin E: 2.02mg (13.45%), Vitamin B12: 0.78µg (12.95%), Folate: 45.68µg (11.42%), Calcium: 68.13mg (6.81%), Vitamin D: 0.34µg (2.27%)