



## Grits and Grillades

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 6 servings asiago cheese grits
- 14.5 oz canned tomatoes diced canned
- 2 teaspoons creole seasoning
- 3 tablespoons flour all-purpose
- 3 garlic cloves pressed
- 10 oz onion diced green red frozen thawed
- 1.5 pounds top round steak trimmed (1/)
- 2 tablespoons vegetable oil

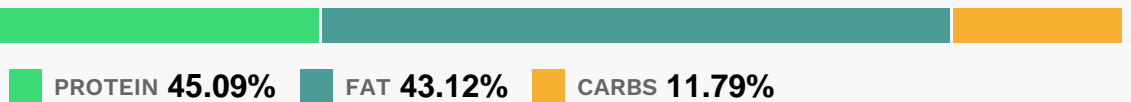
## Equipment

- frying pan
- plastic wrap
- rolling pin
- slow cooker
- meat tenderizer

## Directions

- Place steak between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness using a rolling pin or flat side of a meat mallet; cut into 2-inch squares.
- Combine flour and Creole seasoning in a large zip-top plastic freezer bag.
- Add steak; seal bag, and shake to coat.
- Heat 1 Tbsp. oil in a large skillet over medium-high heat.
- Add half of steak, and cook 2 to 3 minutes on each side or until browned; transfer steak to a 4- or 5-qt. lightly greased slow cooker. Repeat procedure with remaining oil and steak.
- Add tomatoes and next 2 ingredients to slow cooker, and stir.
- Cover and cook on HIGH 3 hours or until steak is tender. Meanwhile, prepare Asiago Cheese Grits.
- Serve steak mixture over grits.

## Nutrition Facts



## Properties

Glycemic Index:29, Glycemic Load:2.67, Inflammation Score:-7, Nutrition Score:22.610869594242%

## Flavonoids

Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

## Nutrients (% of daily need)

Calories: 347.17kcal (17.36%), Fat: 16.34g (25.14%), Saturated Fat: 6.98g (43.62%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 8.41g (3.06%), Sugar: 3.05g (3.39%), Cholesterol: 89.57mg (29.86%), Sodium: 660.63mg (28.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.45g (76.9%), Selenium: 44.47µg (63.52%), Vitamin C: 40.2mg (48.73%), Phosphorus: 479.96mg (48%), Vitamin B6: 0.94mg (46.98%), Vitamin B3: 8.4mg (41.99%), Calcium: 409.69mg (40.97%), Zinc: 6.13mg (40.86%), Vitamin B12: 1.89µg (31.51%), Vitamin A: 960.7IU (19.21%), Iron: 3.26mg (18.13%), Vitamin B2: 0.31mg (17.99%), Potassium: 556.72mg (15.91%), Vitamin K: 14.28µg (13.6%), Magnesium: 48.49mg (12.12%), Vitamin B1: 0.18mg (12.07%), Vitamin B5: 0.98mg (9.78%), Copper: 0.17mg (8.72%), Vitamin E: 1.14mg (7.62%), Folate: 30.31µg (7.58%), Manganese: 0.14mg (7.18%), Fiber: 1.64g (6.58%)