



Grits and Grillades

READY IN



73 min.

SERVINGS



4

CALORIES



776 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup beef stock
- 1 tablespoon creole seasoning
- 0.5 cup flour for dusting plus more
- 1 clove garlic chopped
- 0.3 bell pepper green chopped
- 2 cups grits
- 0.3 cup heavy cream
- 0.5 cup olive oil
- 0.3 bell pepper red chopped

- 0.3 onion red chopped
- 0.5 cup red wine
- 1 tomatoes cut into small cubes
- 0.5 cup tomato sauce
- 4 tablespoons butter unsalted ()
- 16 ounce baby veal
- 1 cup veal stock
- 0.3 bell pepper yellow chopped

Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- Cook the grits according to package directions. Keep warm.
- Bring the cream and garlic to a boil in a stockpot until the cream rises.
- Add the butter and whisk until creamy.
- Add the peppers, onions, tomatoes, and Creole seasoning to the pot and simmer until soft, 15 to 20 minutes.
- Add the beef stock, veal stock, tomato sauce, red wine, and 2 cups water and bring to a boil.
- Meanwhile, in a frying pan, whisk together the olive oil and flour and cook until it becomes dark brown to make a roux. After the ingredients in the stockpot begin to boil, add the roux and whisk until the sauce thickens. Cook on low, stirring occasionally, about 20 minutes.
- Dust the veal with flour.
- Pour 2 tablespoons olive oil in a large frying pan and saute the veal until golden brown, about 90 seconds per side. Take the veal out of the pan and cut into strips.
- Place 1/2 cup grits on the bottom of a large bowl.
- Add the veal strips and sauce.

Nutrition Facts

PROTEIN 18.38% FAT 37.71% CARBS 43.91%

Properties

Glycemic Index:76, Glycemic Load:10.03, Inflammation Score:-9, Nutrition Score:25.256086815958%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 775.5kcal (38.77%), Fat: 31.43g (48.35%), Saturated Fat: 14.79g (92.41%), Carbohydrates: 82.35g (27.45%), Net Carbohydrates: 79.03g (28.74%), Sugar: 4.64g (5.15%), Cholesterol: 139.9mg (46.63%), Sodium: 486.69mg (21.16%), Alcohol: 3.18g (100%), Alcohol %: 0.8% (100%), Protein: 34.47g (68.94%), Vitamin B3: 12.28mg (61.38%), Vitamin C: 37.29mg (45.2%), Selenium: 30.29µg (43.28%), Vitamin B6: 0.83mg (41.44%), Phosphorus: 387.76mg (38.78%), Vitamin A: 1920.39IU (38.41%), Vitamin B2: 0.62mg (36.23%), Zinc: 4.41mg (29.37%), Potassium: 1004.96mg (28.71%), Vitamin B1: 0.4mg (26.49%), Vitamin B12: 1.57µg (26.12%), Vitamin B5: 2.17mg (21.73%), Manganese: 0.4mg (20.08%), Iron: 3.55mg (19.72%), Magnesium: 78.31mg (19.58%), Vitamin E: 2.68mg (17.88%), Copper: 0.35mg (17.44%), Folate: 67.07µg (16.77%), Fiber: 3.32g (13.28%), Vitamin K: 10.47µg (9.97%), Calcium: 60.38mg (6.04%), Vitamin D: 0.45µg (2.99%)