



HEALTH SCORE

62%

## Grits and Grunts



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 avocado pitted peeled sliced
- ☐ 3 slices bacon diced
- ☐ 2 large eggs
- ☐ 1 cup grits instant
- ☐ 1 teaspoon kosher salt plus more to taste
- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 4 fillet rockfish
- ☐ 0.5 onion diced sweet , such as walla walla

- ☐ 1 tomatoes sliced
- ☐ 3 tablespoons butter unsalted
- ☐ 5 cups water

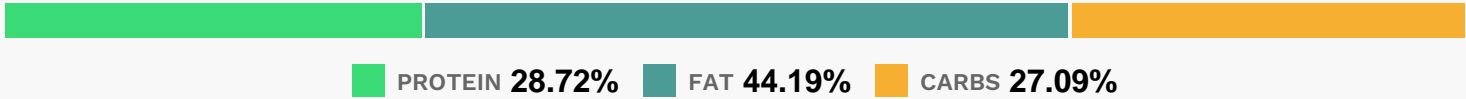
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot

## Directions

- ☐ First, prepare the grits. Bring the water and salt to a boil in a heavy-bottomed pot.
- ☐ Whisking the whole time, add the grits in a steady stream. Reduce the heat to low or medium-low and cook, stirring frequently, for 10 minutes, or until the grits have bloomed and are creamy. Stir in the butter and taste for salt. Keep warm.
- ☐ Fry the bacon in a large sauté pan over medium heat, until crispy.
- ☐ Remove the bacon to paper towels to drain.
- ☐ Add the onion to the pan and sauté in the bacon fat until soft. Keep warm.
- ☐ Coat the fillets thoroughly with Cajun seasoning and sprinkle both sides with salt and pepper.
- ☐ Heat the butter in a large clean sauté pan or in the bacon pan over medium-high heat.
- ☐ Add the fish fillets and fry for 2 to 3 minutes per side, or until just cooked through. While the fish is cooking, crack the eggs into the pan and fry alongside the fish, or fry in a separate skillet if the pan is not large enough to accommodate both.
- ☐ Spoon the grits into two large shallow serving bowls and sprinkle with the bacon and sautéed onion. Top each with 2 fish fillets and crown with an egg.
- ☐ Lay the sliced avocado and tomato on the side and season with salt and pepper.
- ☐ From In the Kitchen with the Pike
- ☐ Place Fish Guys by The Crew of Pike
- ☐ Place Fish, (C) © 2013 Viking Studio

# Nutrition Facts



## Properties

Glycemic Index:55, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:58.989564812702%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 12.37mg, Quercetin: 12.37mg, Quercetin: 12.37mg, Quercetin: 12.37mg

## Nutrients (% of daily need)

Calories: 1144.3kcal (57.22%), Fat: 56.08g (86.27%), Saturated Fat: 20.36g (127.26%), Carbohydrates: 77.37g (25.79%), Net Carbohydrates: 65.85g (23.95%), Sugar: 7.81g (8.68%), Cholesterol: 422.93mg (140.98%), Sodium: 2571.43mg (111.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 81.99g (163.98%), Selenium: 250.55µg (357.94%), Iron: 33.21mg (184.52%), Vitamin B1: 1.83mg (122.16%), Phosphorus: 1030.12mg (103.01%), Vitamin D: 14.37µg (95.78%), Vitamin B2: 1.6mg (94.17%), Vitamin B3: 18.76mg (93.78%), Vitamin B12: 5.37µg (89.53%), Folate: 301.69µg (75.42%), Vitamin B6: 1.47mg (73.68%), Potassium: 2312.14mg (66.06%), Magnesium: 184.41mg (46.1%), Fiber: 11.52g (46.07%), Calcium: 430.8mg (43.08%), Vitamin B5: 3.83mg (38.27%), Vitamin E: 4.85mg (32.31%), Vitamin A: 1520.74IU (30.41%), Copper: 0.56mg (28.13%), Vitamin C: 22.45mg (27.21%), Vitamin K: 28µg (26.66%), Manganese: 0.51mg (25.36%), Zinc: 3.71mg (24.74%)