



Grits-and-Gumbo Tarts

 **Gluten Free**  **Very Healthy**

READY IN



100 min.

SERVINGS



1

CALORIES



1868 kcal

Ingredients

- ☐ 0.5 cup andouille sausage finely chopped
- ☐ 4 tablespoons butter divided
- ☐ 2 cups chicken broth
- ☐ 2 teaspoons creole seasoning
- ☐ 2 garlic clove minced
- ☐ 0.5 cup bell pepper diced green finely
- ☐ 1 cup grits uncooked
- ☐ 1 cup milk
- ☐ 18 inch okra fresh (8 to 10 pods)

- ☐ 36 medium size shrimp raw unpeeled
- ☐ 0.3 cup onion diced red finely
- ☐ 4 inch frangelico
- ☐ 4 inch frangelico

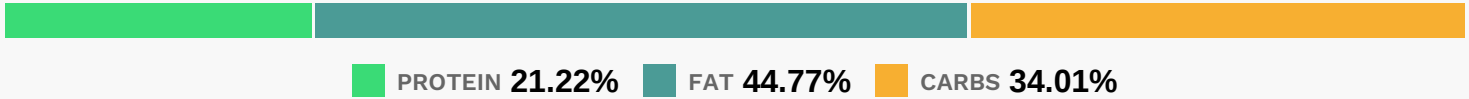
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ skewers

Directions

- ☐ Preheat oven to 35
- ☐ Peel and devein shrimp.
- ☐ Bring broth and milk to a boil in a saucepan over medium-high heat. Gradually whisk in grits; return to a boil. Reduce heat to low; simmer, stirring occasionally, 10 minutes or until thickened.
- ☐ Melt 3 Tbsp. butter in a skillet over medium-high heat; add sausage and next 3 ingredients, and saut 5 minutes. Stir sausage mixture into cooked grits. Spoon 1 rounded tablespoonful grits mixture into each cup of 3 lightly greased 12-cup miniature muffin pans, pressing lightly.
- ☐ Bake at 350 for 20 to 25 minutes or until lightly browned.
- ☐ Remove from oven. Make an indentation in center of each tart, using back of a spoon. Cool completely in pans on wire racks (about 30 minutes).
- ☐ Remove from pans; place in a 15- x 10-inch jelly-roll pan.
- ☐ Sprinkle shrimp and okra with Creole seasoning. Melt remaining 1 Tbsp. butter in a skillet over medium-high heat; add shrimp and okra, and saut 3 to 5 minutes or just until shrimp turn pink. Thread 1 shrimp and 1 okra slice onto each skewer; place 1 skewer on each tart.
- ☐ Bake at 350 for 8 to 10 minutes or just until warm.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:219, Glycemic Load:7.22, Inflammation Score:-10, Nutrition Score:60.740869605023%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.52mg, Luteolin: 3.52mg, Luteolin: 3.52mg, Luteolin: 3.52mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 22.17mg, Quercetin: 22.17mg, Quercetin: 22.17mg, Quercetin: 22.17mg

Nutrients (% of daily need)

Calories: 1867.92kcal (93.4%), Fat: 92.88g (142.9%), Saturated Fat: 44.7g (279.36%), Carbohydrates: 158.72g (52.91%), Net Carbohydrates: 151.38g (55.05%), Sugar: 21.28g (23.64%), Cholesterol: 714.41mg (238.14%), Sodium: 5208.36mg (226.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 99.07g (198.13%), Selenium: 166.43µg (237.76%), Phosphorus: 1526.37mg (152.64%), Vitamin B12: 6.66µg (111.03%), Vitamin A: 5103.47IU (102.07%), Vitamin C: 79.29mg (96.11%), Vitamin B3: 18.09mg (90.44%), Vitamin B6: 1.69mg (84.58%), Vitamin B1: 1mg (66.62%), Vitamin B2: 1.06mg (62.57%), Calcium: 614.51mg (61.45%), Vitamin E: 9.03mg (60.22%), Zinc: 9.03mg (60.21%), Manganese: 1.2mg (60.1%), Magnesium: 221.77mg (55.44%), Potassium: 1938.69mg (55.39%), Copper: 1.08mg (54.09%), Vitamin B5: 4.03mg (40.3%), Folate: 128.5µg (32.12%), Vitamin D: 4.7µg (31.33%), Fiber: 7.35g (29.38%), Iron: 5.14mg (28.55%), Vitamin K: 29.55µg (28.14%)