



WHATSheATE



Anniversary Shrimp and Grits

READY IN



45 min.

SERVINGS



10

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces andouille sausage sliced
- ☐ 2 bay leaves
- ☐ 1 teaspoons creole seasoning (such as Tony Chachere's)
- ☐ 0.5 cup wine dry white
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 10 servings grits

- ☐ 0.3 cup cup heavy whipping cream
- ☐ 2.3 cups chicken broth
- ☐ 3 pounds shrimp raw deveined unpeeled peeled
- ☐ 1.5 cups bell pepper red chopped
- ☐ 1 large onion white finely chopped

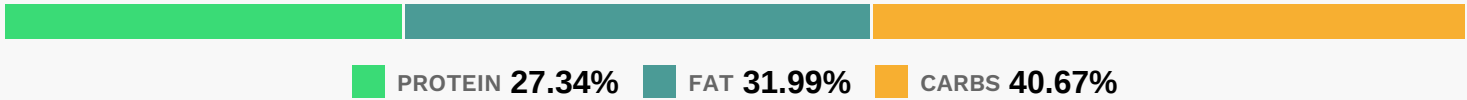
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Prepare Gruy re Grits; set aside, and keep warm.
- ☐ While grits are cooking, heat oil in a large skillet over medium heat; add bell pepper, onion, and garlic, and saut ; 2 minutes to soften.
- ☐ Add sausage, and cook 6 to 7 minutes or until browned, stirring often.
- ☐ Add wine, and cook until almost all liquid has evaporated.
- ☐ Sprinkle flour over mixture in skillet, and cook 3 minutes, stirring constantly. (Flour will start to brown.) Gradually whisk in chicken broth and cream; add bay leaves and Creole seasoning.
- ☐ Bring mixture to a simmer, and cook, uncovered, 7 minutes or until thick, stirring often. (
- ☐ Mixture may be cooked to this point, and then covered and kept warm until serving time.)
- ☐ Just before serving, add shrimp to sauce, and cook 3 to 4 minutes or until shrimp turn pink, stirring often.
- ☐ Remove and discard bay leaves, and stir in parsley. Spoon shrimp and sauce over Gruy re Grits, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.3, Glycemic Load:2.99, Inflammation Score:-8, Nutrition Score:18.372173796529%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 402.11kcal (20.11%), Fat: 13.81g (21.25%), Saturated Fat: 4.16g (26.03%), Carbohydrates: 39.5g (13.17%), Net Carbohydrates: 37.95g (13.8%), Sugar: 2.63g (2.92%), Cholesterol: 196.11mg (65.37%), Sodium: 1110.18mg (48.27%), Alcohol: 1.24g (100%), Alcohol %: 0.5% (100%), Protein: 26.56g (53.11%), Selenium: 52.46µg (74.95%), Phosphorus: 410.91mg (41.09%), Vitamin C: 31.09mg (37.68%), Vitamin B12: 1.7µg (28.34%), Vitamin A: 1305.01IU (26.1%), Vitamin B3: 4.57mg (22.87%), Vitamin B6: 0.41mg (20.65%), Vitamin E: 3.07mg (20.49%), Vitamin K: 17.81µg (16.96%), Copper: 0.32mg (15.84%), Zinc: 2.1mg (13.97%), Magnesium: 51.37mg (12.84%), Folate: 50.64µg (12.66%), Vitamin B1: 0.19mg (12.56%), Potassium: 374.27mg (10.69%), Manganese: 0.2mg (10.24%), Vitamin B2: 0.16mg (9.44%), Calcium: 92.02mg (9.2%), Vitamin B5: 0.88mg (8.77%), Iron: 1.38mg (7.67%), Fiber: 1.55g (6.21%), Vitamin D: 0.5µg (3.34%)