



## Barbecued Shrimp & Grits

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**613 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 8 strips bacon
- 6 servings barbecue sauce to taste
- 0.5 stick butter
- 3 garlic clove minced
- 2 cups grits
- 2 lb shrimp raw
- 0.3 teaspoon salt
- 0.8 cup spring onion chopped

- 1.5 cup sharp cheddar cheese
- 1 tablespoon water

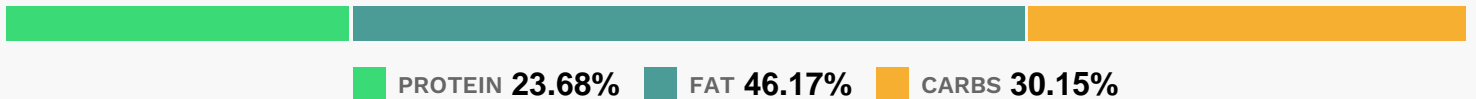
## Equipment

- bowl
- grill
- skewers

## Directions

- Fry bacon until crisp, crumble and set aside. Peel and devein shrimp. Grill shrimp on a skewer for 2–3 minutes on each side or until pink. Alternatively, fry shrimp over medium heat, a few minutes per side until pink (about 5–8 minutes total).
- Saute garlic in 1 tbsp butter. Bring water to boil, add grits. Stir and cover for 5 minutes then turn heat to low. Stir in cheese, remaining butter, garlic, and salt. Toss shrimp in barbecue sauce.
- Layer grits, shrimp, bacon, and scallions in a bowl and serve piping hot. Top with additional barbecue sauce if desired.

## Nutrition Facts



## Properties

Glycemic Index:23.17, Glycemic Load:0.52, Inflammation Score:-7, Nutrition Score:20.361304347826%

## Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

## Nutrients (% of daily need)

Calories: 613.32kcal (30.67%), Fat: 31.07g (47.8%), Saturated Fat: 14.42g (90.15%), Carbohydrates: 45.66g (15.22%), Net Carbohydrates: 44.46g (16.17%), Sugar: 1.07g (1.19%), Cholesterol: 258.36mg (86.12%), Sodium: 1405.36mg (61.1%), Protein: 35.85g (71.7%), Selenium: 67.88µg (96.97%), Phosphorus: 587.89mg (58.79%), Vitamin B12: 2.14µg (35.67%), Calcium: 298.32mg (29.83%), Vitamin K: 27.87µg (26.54%), Vitamin B3: 4.59mg (22.96%), Vitamin B6:

0.44mg (22.23%), Zinc: 3.14mg (20.93%), Vitamin A: 1039.68IU (20.79%), Copper: 0.35mg (17.59%), Vitamin E: 2.63mg (17.53%), Magnesium: 61.67mg (15.42%), Vitamin B1: 0.2mg (13.17%), Vitamin B2: 0.21mg (12.19%), Folate: 45.61µg (11.4%), Potassium: 367.04mg (10.49%), Vitamin B5: 1.03mg (10.31%), Manganese: 0.15mg (7.58%), Iron: 1.22mg (6.79%), Fiber: 1.2g (4.79%), Vitamin C: 2.82mg (3.42%), Vitamin D: 0.44µg (2.92%)