



Cajun Sausage Shrimp and Grits

READY IN



65 min.

SERVINGS



8

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound andouille smoked cut into 1/4-inch-thick slices
- ☐ 3 tablespoons butter
- ☐ 2 rib celery chopped
- ☐ 8 servings creamy cheddar cheese grits
- ☐ 14 oz chicken broth canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon ground pepper red

- ☐ 0.3 cup heavy cream
- ☐ 1 medium onion chopped
- ☐ 1.5 pounds shrimp raw unpeeled ()
- ☐ 0.5 teaspoon salt

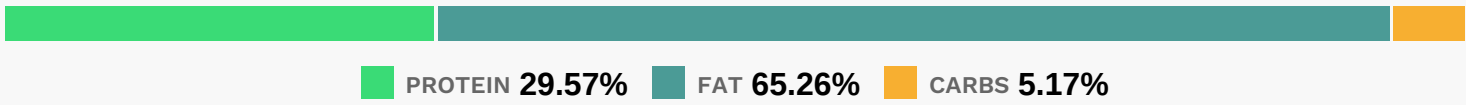
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Peel shrimp; devein, if desired.
- ☐ Melt butter in a large skillet over medium heat; gradually whisk in flour, and cook, whisking constantly, until flour is a light caramel color (about 6 minutes).
- ☐ Add onion, bell pepper, and celery, and cook 8 to 10 minutes or until tender.
- ☐ Add sausage, and cook 2 minutes. Stir in chicken broth, salt, and pepper, stirring to loosen particles from bottom of skillet. Bring to a light boil over medium–high heat. Reduce heat to medium, and simmer 8 to 10 minutes or until slightly thickened.
- ☐ Stir in shrimp, cream, and green onions, and cook, stirring occasionally, 3 minutes or just until shrimp turn pink.
- ☐ Serve over Creamy Cheddar Cheese Grits.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:1.6, Inflammation Score:–6, Nutrition Score:18.533913208091%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 532.01kcal (26.6%), Fat: 38.04g (58.52%), Saturated Fat: 17.19g (107.44%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 6.23g (2.27%), Sugar: 1.29g (1.43%), Cholesterol: 224.72mg (74.91%), Sodium: 1580.87mg (68.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.78g (77.56%), Selenium: 51.3µg (73.29%), Phosphorus: 497.78mg (49.78%), Vitamin B12: 2.64µg (43.99%), Zinc: 4.45mg (29.69%), Calcium: 283.65mg (28.37%), Vitamin B3: 4.75mg (23.75%), Vitamin B6: 0.39mg (19.69%), Vitamin B2: 0.33mg (19.43%), Vitamin A: 911.49IU (18.23%), Vitamin B1: 0.2mg (13.58%), Copper: 0.24mg (12.09%), Vitamin E: 1.79mg (11.96%), Magnesium: 47.31mg (11.83%), Vitamin C: 9.21mg (11.16%), Potassium: 361.89mg (10.34%), Vitamin K: 10.14µg (9.66%), Iron: 1.65mg (9.17%), Folate: 35.4µg (8.85%), Vitamin D: 1.1µg (7.31%), Vitamin B5: 0.71mg (7.05%), Manganese: 0.1mg (4.88%), Fiber: 0.54g (2.18%)