



Cajun Shrimp with Cheese Grits

READY IN



50 min.

SERVINGS



8

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound andouille sausage cut into 1/4-inch slices
- ☐ 1 bay leaf
- ☐ 1 teaspoon cajun spice
- ☐ 14.5 ounce canned tomatoes diced with juice canned
- ☐ 0.8 cup celery diced
- ☐ 2 teaspoons chicken soup base paste
- ☐ 1 cup cooking wine dry white
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon chives fresh chopped

- ☐ 0.5 teaspoon garlic minced
- ☐ 0.8 cup bell pepper diced green
- ☐ 1 cup regular grits uncooked
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 0.5 jalapeno minced seeded
- ☐ 2.3 cups milk 2% low-fat
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 teaspoon salt smoked
- ☐ 0.5 cup sharp cheddar cheese shredded
- ☐ 1 pound shrimp fresh shelled deveined
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups water
- ☐ 0.8 cup onion diced yellow

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

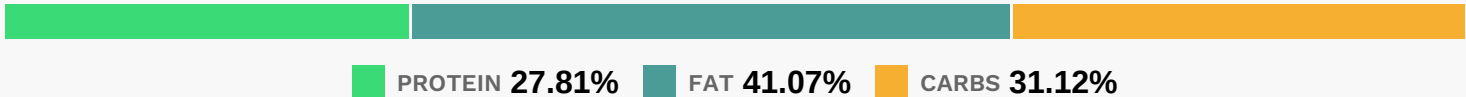
Directions

- ☐ Bring milk, water, chicken soup base, and smoked salt to a boil in a saucepan; slowly whisk in grits, reduce heat to low, and cover pan. Simmer until grits are tender and thick, about 20 minutes. Keep grits warm.
- ☐ Brown andouille sausage slices with vegetable oil in a large skillet over medium heat; remove sausage and set aside.
- ☐ Cook and stir green bell pepper, yellow onion, celery, and jalapeno pepper in the same skillet until onion is tender and translucent, about 10 minutes. Stir in garlic and Cajun seasoning; cook until fragrant, about 1 minute.
- ☐ Stir flour into the vegetables until well coated; gradually stir in fire-roasted tomatoes and white wine, cooking until the sauce begins to thicken, about 3 minutes. Reduce heat to low,

stir bay leaf into the sauce, and simmer for 5 minutes; season with salt and black pepper.

- ☐ Mix cooked andouille sausage and shrimp into the sauce and cook, stirring often, until sausage is hot and shrimp are pink and no longer translucent, 5 to 8 minutes.
- ☐ Just before serving, stir Cheddar and Parmesan cheeses into grits until melted.
- ☐ To serve, spoon grits onto a serving plate and top with shrimp, sausage slices, and sauce.
- ☐ Garnish with chopped chives.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:2.15, Inflammation Score:-6, Nutrition Score:12.916086984717%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 385.93kcal (19.3%), Fat: 16.61g (25.55%), Saturated Fat: 5.86g (36.61%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 26.76g (9.73%), Sugar: 6.49g (7.21%), Cholesterol: 131.55mg (43.85%), Sodium: 837.08mg (36.39%), Alcohol: 3.09g (100%), Alcohol %: 1.05% (100%), Protein: 25.31g (50.61%), Phosphorus: 338.38mg (33.84%), Calcium: 259.54mg (25.95%), Selenium: 16.05µg (22.93%), Vitamin C: 14.89mg (18.04%), Zinc: 2.48mg (16.57%), Vitamin A: 758.07IU (15.16%), Copper: 0.3mg (14.94%), Potassium: 502.64mg (14.36%), Vitamin B2: 0.24mg (14.21%), Vitamin B12: 0.84µg (14.06%), Magnesium: 50.95mg (12.74%), Vitamin B1: 0.18mg (12.15%), Vitamin B3: 2.42mg (12.09%), Vitamin K: 11.83µg (11.27%), Vitamin B6: 0.22mg (10.94%), Iron: 1.53mg (8.52%), Manganese: 0.16mg (8.12%), Vitamin D: 1.2µg (8%), Vitamin B5: 0.68mg (6.85%), Fiber: 1.56g (6.24%), Vitamin E: 0.82mg (5.47%), Folate: 18.49µg (4.62%)