



Cajun-Style Shrimp and Grits

 Gluten Free

READY IN



32 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cajun spice
- ☐ 1 cup milk fat-free
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions sliced
- ☐ 0.5 cup tasso ham minced
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 1 cup quick-cooking grits uncooked

- ☐ 0.3 teaspoon salt
- ☐ 1 cup sharp cheddar cheese shredded
- ☐ 1.3 pounds shrimp peeled
- ☐ 1 tablespoon butter unsalted
- ☐ 2.3 cups water divided

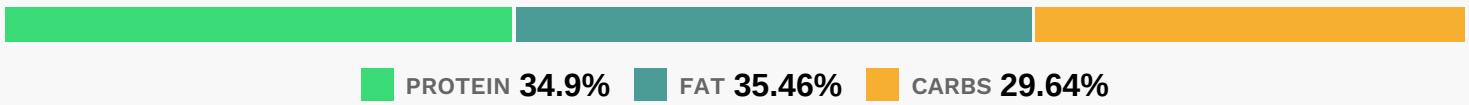
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add tasso; saut 2 minutes or until edges are golden.
- ☐ Add onion; saut 2 minutes.
- ☐ Add garlic; saut 1 minute.
- ☐ Add shrimp to pan, sprinkle with Cajun seasoning, and cook 3 minutes, turning once.
- ☐ Add 1/4 cup water, scraping pan to loosen browned bits.
- ☐ Remove from heat; add butter, stirring to melt. Cover and keep warm.
- ☐ Bring milk, salt, and 2 cups water to a boil over medium-high heat. Reduce heat. Gradually add grits, and cook until thick and bubbly (about 5 minutes), stirring constantly with a whisk.
- ☐ Remove grits from heat; add cheese, stirring with a whisk until cheese melts.
- ☐ Spoon grits evenly onto 6 plates. Top evenly with shrimp, ham mixture, and green onions.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:1.52, Inflammation Score:-6, Nutrition Score:12.98086956273%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 337.37kcal (16.87%), Fat: 13.52g (20.81%), Saturated Fat: 6.04g (37.72%), Carbohydrates: 25.43g (8.48%), Net Carbohydrates: 23.45g (8.53%), Sugar: 3.74g (4.15%), Cholesterol: 184.45mg (61.48%), Sodium: 495.69mg (21.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.95g (59.9%), Phosphorus: 411.28mg (41.13%), Calcium: 266.44mg (26.64%), Copper: 0.45mg (22.46%), Vitamin K: 19.65µg (18.72%), Zinc: 2.75mg (18.32%), Vitamin B1: 0.26mg (17.37%), Magnesium: 63.35mg (15.84%), Vitamin B2: 0.26mg (15.47%), Potassium: 473.69mg (13.53%), Folate: 53.76µg (13.44%), Selenium: 9.09µg (12.99%), Vitamin A: 578.16IU (11.56%), Vitamin B6: 0.2mg (9.91%), Iron: 1.76mg (9.8%), Vitamin B3: 1.88mg (9.39%), Vitamin B12: 0.52µg (8.59%), Fiber: 1.98g (7.92%), Manganese: 0.15mg (7.6%), Vitamin E: 0.72mg (4.81%), Vitamin D: 0.68µg (4.53%), Vitamin C: 3.7mg (4.48%), Vitamin B5: 0.41mg (4.06%)