



Charleston Shrimp and Grits

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices canadian bacon chopped
- 1 teaspoon cornstarch
- 0.3 cup cooking wine dry white
- 0.5 cup half-and-half fat-free low-fat (or use)
- 1 clove garlic finely chopped
- 1 medium bell pepper green finely chopped
- 0.5 cup chicken broth low-sodium
- 1 tablespoon olive oil

- 1 medium onion finely chopped
- 0.8 cup quick-cooking grits
- 4 servings scallions dark green chopped for serving (tops only)
- 0.8 pound shrimp deveined peeled

Equipment

- bowl
- frying pan

Directions

- In a large nonstick skillet, heat the oil over medium heat.
- Add the bacon, onion and bell pepper and cook, stirring frequently, until the vegetables are softened, 3 to 5 minutes.
- Add the garlic and cook for 30 seconds.
- Add the white wine and let it bubble until it is mostly evaporated, about 1 minute.
- In a small bowl, combine the cornstarch with 1 tablespoon of the chicken broth and stir until dissolved.
- Add the remaining broth to the skillet along with the half-and-half and the cornstarch mixture. Bring to a gentle boil and cook, stirring, for 3 minutes, until slightly thickened.
- Add the shrimp and cook until opaque, about 3 minutes.
- Meanwhile, cook the grits according to the package directions.
- Serve the shrimp and sauce over the grits and top with the scallions.

Nutrition Facts



PROTEIN 36.37% **FAT 20.44%** **CARBS 43.19%**

Properties

Glycemic Index:28.5, Glycemic Load:0.87, Inflammation Score:-6, Nutrition Score:13.398695593295%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 289.4kcal (14.47%), Fat: 6.48g (9.98%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 30.82g (10.27%), Net Carbohydrates: 28.34g (10.3%), Sugar: 3.96g (4.4%), Cholesterol: 149.09mg (49.7%), Sodium: 337.29mg (14.66%), Alcohol: 1.54g (100%), Alcohol %: 0.71% (100%), Protein: 25.96g (51.92%), Phosphorus: 353.46mg (35.35%), Vitamin C: 27.52mg (33.36%), Vitamin B1: 0.37mg (24.88%), Copper: 0.43mg (21.54%), Vitamin B3: 3.34mg (16.68%), Vitamin K: 16.97µg (16.16%), Potassium: 547.19mg (15.63%), Magnesium: 60.64mg (15.16%), Vitamin B6: 0.3mg (14.98%), Folate: 56.98µg (14.25%), Zinc: 2.1mg (13.98%), Vitamin B2: 0.23mg (13.57%), Iron: 1.95mg (10.83%), Manganese: 0.21mg (10.32%), Calcium: 103.12mg (10.31%), Fiber: 2.48g (9.93%), Selenium: 6.51µg (9.3%), Vitamin B12: 0.33µg (5.44%), Vitamin E: 0.71mg (4.73%), Vitamin B5: 0.41mg (4.12%), Vitamin D: 0.6µg (3.99%), Vitamin A: 183.2IU (3.66%)