



Charleston Shrimp and Grits with Tasso Blue Crab Gravy

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

1208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon spicy blackening cajun seasoning
- ☐ 8 cups chicken stock see divided
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon garlic finely minced
- ☐ 1 bell pepper diced green finely
- ☐ 8 servings grits
- ☐ 8 ounces tasso ham diced finely
- ☐ 1 tablespoon kosher salt

- ☐ 0.3 cup brown sugar light
- ☐ 4 ounces lump crab blue
- ☐ 2 teaspoons onion powder
- ☐ 1 bell pepper diced red finely
- ☐ 3 pounds spicy sausage thinly sliced
- ☐ 4 pounds shrimp deveined peeled
- ☐ 4 tablespoons butter unsalted
- ☐ 1 cup onion diced white finely
- ☐ 1 bell pepper diced yellow finely

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat a large bottom pot to medium-high heat.
- ☐ Add butter to pot and let melt.
- ☐ Add ham, white onion, peppers, Cajun seasoning, salt, brown sugar, onion powder, and minced garlic. Stir in flour and continue to cook while stirring until you achieve a dark brown color, a brown roux. Slowly whisk in 6 cups of fish stock, add slowly to help avoid lumps. Bring to a boil and use remaining 2 cups of stock to adjust for consistency.
- ☐ Remove from heat and add the crabmeat. Set aside for use.
- ☐ In a saute pan, over medium-high heat, saute shrimp and sausage.
- ☐ Place shrimp and sausage over grits, if using, and top with crab gravy sauce.
- ☐ *Cooks note: For home use it is more practical to use instant grits. Cook your grits first and do not be afraid to season to your liking. This is a main component to your dish.

Nutrition Facts



 PROTEIN **31.05%**  FAT **45.63%**  CARBS **23.32%**

Properties

Glycemic Index:27.13, Glycemic Load:13.7, Inflammation Score:-8, Nutrition Score:38.863043515579%

Flavonoids

Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 1207.91kcal (60.4%), Fat: 60.62g (93.26%), Saturated Fat: 21.41g (133.83%), Carbohydrates: 69.74g (23.25%), Net Carbohydrates: 67.05g (24.38%), Sugar: 12.74g (14.16%), Cholesterol: 533.39mg (177.8%), Sodium: 3028.79mg (131.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 92.81g (185.63%), Phosphorus: 949.32mg (94.93%), Vitamin B3: 15.54mg (77.72%), Vitamin C: 62.87mg (76.21%), Copper: 1.4mg (69.96%), Vitamin B1: 1mg (66.69%), Zinc: 9.09mg (60.58%), Vitamin B6: 1.03mg (51.34%), Vitamin B12: 2.91µg (48.58%), Potassium: 1619.13mg (46.26%), Selenium: 32.03µg (45.76%), Vitamin B2: 0.65mg (38.37%), Magnesium: 151.02mg (37.76%), Iron: 5.88mg (32.68%), Vitamin A: 1378.55IU (27.57%), Manganese: 0.42mg (20.78%), Folate: 82.68µg (20.67%), Calcium: 202.88mg (20.29%), Vitamin B5: 1.77mg (17.72%), Vitamin D: 2.51µg (16.76%), Fiber: 2.7g (10.79%), Vitamin E: 1.22mg (8.16%), Vitamin K: 4.49µg (4.27%)