



## Cheesy Shrimp-and-Grits Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



188 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 10 ounce canned tomatoes diced green drained canned
- 4 cups chicken broth
- 1 garlic clove minced
- 1 bell pepper green chopped
- 6 green onions chopped
- 1 cup regular grits
- 4 ounces monterrey jack cheese shredded with peppers

- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 4 ounces sharp cheddar cheese shredded divided
- 1 pound shrimp fresh cooked peeled

## Equipment

- frying pan
- sauce pan
- oven
- baking pan

## Directions

- Bring 4 cups chicken broth and 1/2 teaspoon salt to a boil in a large saucepan; stir in grits. Cover, reduce heat, and simmer 20 minutes.
- Stir together grits, 3/4 cup Cheddar cheese, and Monterey Jack cheese.
- Melt butter in a large skillet over medium heat; add green onions, bell pepper, and garlic, and saut 5 minutes or until tender.
- Stir together green onion mixture, grits mixture, shrimp, and next 3 ingredients.
- Pour into a lightly greased 2-quart baking dish.
- Sprinkle top with remaining 1/4 cup shredded Cheddar cheese.
- Bake at 350 for 30 to 45 minutes.

## Nutrition Facts



PROTEIN 30.35% FAT 40.66% CARBS 28.99%

## Properties

Glycemic Index:16.33, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:7.3586956210758%

## Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## **Nutrients (% of daily need)**

Calories: 187.58kcal (9.38%), Fat: 8.56g (13.18%), Saturated Fat: 4.1g (25.6%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 12.74g (4.63%), Sugar: 1.92g (2.13%), Cholesterol: 80.28mg (26.76%), Sodium: 654.07mg (28.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.77%), Phosphorus: 191.5mg (19.15%), Calcium: 179.66mg (17.97%), Vitamin K: 14.98µg (14.27%), Vitamin C: 11.36mg (13.77%), Copper: 0.23mg (11.58%), Selenium: 6.78µg (9.69%), Zinc: 1.35mg (8.99%), Vitamin B2: 0.15mg (8.88%), Vitamin A: 427.76IU (8.56%), Magnesium: 29.75mg (7.44%), Potassium: 252.33mg (7.21%), Manganese: 0.14mg (6.95%), Iron: 0.9mg (5.02%), Vitamin B6: 0.1mg (4.89%), Vitamin B1: 0.06mg (4.33%), Fiber: 1g (3.99%), Vitamin E: 0.56mg (3.76%), Vitamin B3: 0.71mg (3.56%), Vitamin B12: 0.2µg (3.28%), Folate: 12.28µg (3.07%), Vitamin B5: 0.21mg (2.13%)