



Cheesy Shrimp on Grits Toast

 Gluten Free

READY IN



200 min.

SERVINGS



48

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter melted
- 0.5 cup cheddar grated
- 42 ounce chicken broth canned
- 8 ounce cream cheese softened
- 1 tablespoon half-and-half
- 0.5 cup cheese blend italian grated
- 0.5 cup parmesan grated
- 1 teaspoon parsley leaves chopped

- 1.3 cups quick-cooking grits
- 0.5 teaspoon salt
- 0.5 pound shrimp deveined cooked peeled chopped

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- cookie cutter
- cutting board

Directions

- Preheat oven to 400 degrees F.
- Bring broth to a boil in a large saucepan. Stir in grits, and return to a boil. Cover, reduce heat, and simmer 5 minutes, or until grits are thickened, stirring occasionally. Stir in cheese and salt.
- Remove from heat. Spoon grits into a greased 9 by 13-inch baking pan. Cover, and chill at least 2 hours, or until firm. Un-mold grits onto a large cutting board.
- Cut out 48 (1 1/2-inch) circles using a round or fluted cookie cutter.
- Brush a large jellyroll pan with melted butter.
- Place grit rounds on pan.
- Bake for 15 minutes. Turn grits, and bake 45 minutes more. Set aside. (Up to this point, the recipe can be prepared ahead. If preparing early, cover and refrigerate grit rounds until you are ready to top with shrimp mixture.)
- In a large bowl, combine cream cheese and half-and-half, stirring until combined. Stir in cheese, parsley, and shrimp. Top each grits round evenly with shrimp mixture. Top mixture with grated Cheddar. Broil 5 minutes, or until lightly browned and heated through.

Nutrition Facts



■ PROTEIN 36.24% ■ FAT 47.93% ■ CARBS 15.83%

Properties

Glycemic Index:3.4, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.5565217581942%

Nutrients (% of daily need)

Calories: 97.93kcal (4.9%), Fat: 5.18g (7.98%), Saturated Fat: 2.29g (14.33%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.66g (1.33%), Sugar: 0.24g (0.27%), Cholesterol: 28.26mg (9.42%), Sodium: 194.87mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.64%), Selenium: 5.55µg (7.93%), Phosphorus: 73mg (7.3%), Zinc: 0.82mg (5.46%), Vitamin B12: 0.28µg (4.75%), Vitamin B3: 0.8mg (4.01%), Calcium: 34.73mg (3.47%), Vitamin B2: 0.06mg (3.45%), Vitamin B6: 0.06mg (3.14%), Vitamin A: 143.15IU (2.86%), Iron: 0.51mg (2.82%), Magnesium: 9.63mg (2.41%), Folate: 7.6µg (1.9%), Potassium: 65.1mg (1.86%), Copper: 0.04mg (1.85%), Vitamin B1: 0.03mg (1.72%)