



Creole Shrimp and Sweet Potato Grits

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



402 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon canola oil
- ☐ 6 servings cilantro leaves fresh
- ☐ 1 tablespoon creole seasoning
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 4 oz gouda cheese smoked shredded
- ☐ 0.8 cup spring onion chopped

- ☐ 1 cup grits uncooked
- ☐ 1 tablespoon lemon zest
- ☐ 2 cups milk
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2 pounds shrimp raw deveined peeled
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons sriracha hot
- ☐ 1 cup sweet potatoes and into cooked mashed

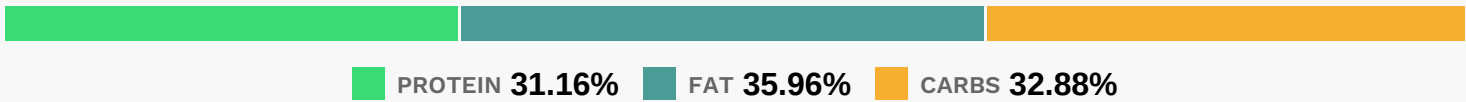
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring milk and 1 1/2 cups water to a boil in a large saucepan over medium-high heat; gradually whisk in grits. Reduce heat to medium-low, and simmer, stirring occasionally, 10 minutes or until thickened.
- ☐ Meanwhile, sprinkle Creole seasoning over shrimp. Saut garlic in hot oil in a large skillet over medium-high heat 30 seconds.
- ☐ Add shrimp, and saut 3 minutes or until shrimp are almost pink.
- ☐ Add green onions and next 3 ingredients, and saut 3 minutes.
- ☐ Stir potatoes and next 4 ingredients into grits.
- ☐ Serve shrimp mixture over sweet potato grits.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:4.14, Inflammation Score:-10, Nutrition Score:23.545217555502%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 402.39kcal (20.12%), Fat: 15.94g (24.52%), Saturated Fat: 7.66g (47.9%), Carbohydrates: 32.79g (10.93%), Net Carbohydrates: 30.96g (11.26%), Sugar: 5.88g (6.53%), Cholesterol: 231.85mg (77.28%), Sodium: 1509.62mg (65.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.08g (62.15%), Vitamin A: 4354.14IU (87.08%), Selenium: 53.95µg (77.08%), Phosphorus: 594.27mg (59.43%), Vitamin B12: 2.42µg (40.27%), Calcium: 337.26mg (33.73%), Vitamin K: 32.84µg (31.28%), Vitamin B6: 0.44mg (21.94%), Vitamin E: 3mg (19.99%), Zinc: 2.81mg (18.71%), Copper: 0.36mg (17.89%), Vitamin B3: 3.39mg (16.93%), Magnesium: 65.89mg (16.47%), Vitamin B2: 0.25mg (14.46%), Potassium: 492.27mg (14.06%), Vitamin B5: 1.17mg (11.72%), Folate: 46.2µg (11.55%), Manganese: 0.21mg (10.67%), Vitamin B1: 0.15mg (9.74%), Vitamin C: 6.32mg (7.67%), Vitamin D: 1.14µg (7.6%), Fiber: 1.83g (7.31%), Iron: 1.07mg (5.96%)