



Fresh Corn Grits with Shrimp

READY IN



45 min.

SERVINGS



45

CALORIES



67 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 ounces country ham thinly sliced cut into strips
- ☐ 10 cups ears of corn grated
- ☐ 1 cup corn kernels fresh (from 2 ears)
- ☐ 1 cup lager
- ☐ 0.3 cup milk plus more for stirring
- ☐ 0.3 cup roasted pecan butter unsweetened (see Note)
- ☐ 45 servings pepper freshly ground
- ☐ 45 servings salt
- ☐ 1 pound shrimp shelled deveined (large)

- ☐ 6 ounces sugar snap peas trimmed
- ☐ 0.5 onion sweet thinly sliced (large)
- ☐ 6 tablespoons butter unsalted

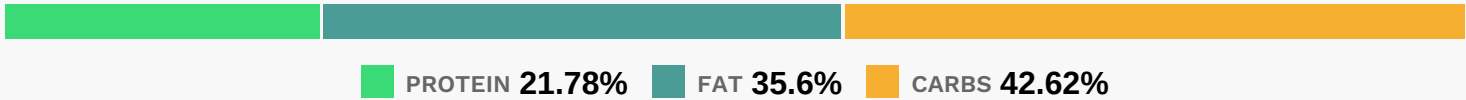
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a saucepan, simmer the grated corn and juices with the 1/4 cup of milk over moderate heat, stirring, until thick, 4 minutes. Season with salt and pepper and fold in the pecan butter; keep warm.
- ☐ In a large, deep skillet, melt 4 tablespoons of the butter.
- ☐ Add the ham and cook over moderately high heat, stirring, until lightly browned, about 5 minutes.
- ☐ Add the onion, snap peas and corn, season with salt and pepper and cook until crisp-tender, about 5 minutes.
- ☐ Add the shrimp and cook, stirring, until they just begin to curl, about 3 minutes.
- ☐ Add the lager and bring to a boil. Simmer, stirring frequently, until the shrimp are cooked through and the liquid is slightly reduced, about 3 minutes. Swirl in the remaining 2 tablespoons of butter.
- ☐ Whisk a little milk into the grits so it's the consistency of polenta; heat until warm. Spoon the grits into shallow bowls, top with the shrimp saut and serve at once.

Nutrition Facts



Properties

Glycemic Index:2.68, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:2.9865217079287%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 66.91kcal (3.35%), Fat: 2.81g (4.33%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 6.66g (2.42%), Sugar: 2.64g (2.94%), Cholesterol: 21.58mg (7.19%), Sodium: 234.93mg (10.21%), Alcohol: 0.2g (100%), Alcohol %: 0.4% (100%), Protein: 3.87g (7.75%), Phosphorus: 64.39mg (6.44%), Vitamin C: 4.86mg (5.89%), Manganese: 0.11mg (5.6%), Vitamin B1: 0.08mg (5.22%), Magnesium: 19.6mg (4.9%), Folate: 17.89µg (4.47%), Potassium: 147.17mg (4.2%), Vitamin B3: 0.78mg (3.88%), Copper: 0.07mg (3.69%), Fiber: 0.92g (3.67%), Vitamin A: 157.1IU (3.14%), Vitamin B5: 0.31mg (3.1%), Vitamin B6: 0.06mg (2.79%), Zinc: 0.39mg (2.61%), Iron: 0.37mg (2.04%), Vitamin B2: 0.03mg (1.89%), Vitamin K: 1.38µg (1.31%), Calcium: 12.93mg (1.29%), Selenium: 0.79µg (1.13%)