



Garlic Cheese Grits with Shrimp



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



580 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 pinch cayenne pepper
- ☐ 2 cloves garlic minced
- ☐ 0.8 cup grits uncooked
- ☐ 0.5 juice of lemon juiced
- ☐ 2 tablespoons olive oil
- ☐ 6 ounces garlic processed cheese cubed flavored
- ☐ 4 servings salt to taste

- ☐ 2 pounds shrimp fresh deveined peeled
- ☐ 1 tomatoes diced

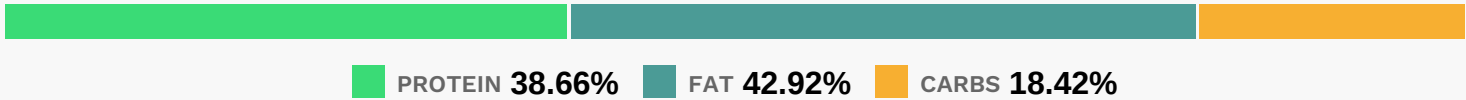
Equipment

- ☐ frying pan

Directions

- ☐ Cook grits according to package directions. Stir in cubed cheese and cayenne pepper. Keep warm over low heat.
- ☐ Heat butter and oil in a large skillet over medium-high heat.
- ☐ Saute garlic and tomato until tomato begins to soften. Stir in shrimp and lemon juice.
- ☐ Saute until shrimp are pink. Season with salt to taste.
- ☐ Spread warm grits on a serving platter and pour shrimp mixture on top.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:16.933478241381%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 579.8kcal (28.99%), Fat: 27.79g (42.75%), Saturated Fat: 12.53g (78.31%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 25.94g (9.43%), Sugar: 2.07g (2.3%), Cholesterol: 422.72mg (140.91%), Sodium: 1221.54mg (53.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.31g (112.62%), Phosphorus: 791.01mg (79.1%), Calcium: 598.04mg (59.8%), Copper: 0.95mg (47.59%), Zinc: 4.3mg (28.65%), Magnesium: 102.5mg (25.62%), Potassium: 779.99mg (22.29%), Selenium: 13.85µg (19.79%), Vitamin A: 906.29IU (18.13%), Vitamin E: 1.69mg (11.27%), Vitamin B12: 0.65µg (10.83%), Iron: 1.9mg (10.53%), Manganese: 0.18mg (9.24%), Vitamin K: 8.37µg (7.97%),

Vitamin C: 6.15mg (7.46%), Vitamin B2: 0.12mg (7.17%), Vitamin B6: 0.11mg (5.59%), Vitamin B1: 0.06mg (4.01%),
Vitamin B5: 0.36mg (3.62%), Fiber: 0.89g (3.55%), Vitamin B3: 0.58mg (2.93%), Folate: 10.51µg (2.63%), Vitamin D:
0.26µg (1.7%)