



Garlic Shrimp and Grits

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 4 servings garnishes: chives fresh black freshly ground cooked peeled chopped
- 2 garlic cloves minced
- 1 cup quick-cooking grits uncooked
- 1 teaspoon salt
- 4 ounces cheddar cheese shredded extra-sharp
- 1 pound shrimp fresh cooked unpeeled
- 3 cups water

1 cup whipping cream

Equipment

sauce pan

whisk

Directions

Peel shrimp, and devein, if desired.

Bring 3 cups water, cream, butter, and salt to a boil in a large saucepan over medium-high heat. Reduce heat to medium, and whisk in grits. Cook, whisking constantly, 7 to 8 minutes or until mixture is smooth. Stir in 1 pound shrimp, cheese, and garlic, and cook 1 to 2 minutes or until thoroughly heated.

Garnish, if desired.

Nutrition Facts

 **PROTEIN 20.89%**  **FAT 59.49%**  **CARBS 19.62%**

Properties

Glycemic Index:22.25, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:14.511304233385%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 647.24kcal (32.36%), Fat: 43.63g (67.13%), Saturated Fat: 21.71g (135.69%), Carbohydrates: 32.36g (10.79%), Net Carbohydrates: 30.53g (11.1%), Sugar: 2.22g (2.46%), Cholesterol: 278.16mg (92.72%), Sodium: 1061.46mg (46.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.48g (68.96%), Phosphorus: 474.16mg (47.42%), Vitamin A: 1666.88IU (33.34%), Calcium: 326.85mg (32.69%), Copper: 0.53mg (26.73%), Vitamin B2: 0.37mg (21.53%), Zinc: 3.08mg (20.54%), Magnesium: 72.4mg (18.1%), Folate: 65.52µg (16.38%), Vitamin B1: 0.24mg (15.95%), Selenium: 10.03µg (14.32%), Potassium: 445.17mg (12.72%), Iron: 2.04mg (11.32%), Vitamin B3: 1.85mg (9.24%), Manganese: 0.16mg (8.08%), Vitamin B6: 0.16mg (8.02%), Vitamin E: 1.2mg (8.01%), Vitamin D: 1.12µg (7.48%), Fiber: 1.83g (7.33%), Vitamin B12: 0.41µg (6.83%), Vitamin B5: 0.41mg (4.06%), Vitamin K: 2.77µg (2.64%), Vitamin C: 0.85mg (1.03%)