



Grilled Shrimp and Smoky Grilled-Corn Grits

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons chipotles in adobo canned minced
- ☐ 2 ears corn fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 8 oz mushrooms fresh quartered
- ☐ 1 garlic clove pressed
- ☐ 1 pt grape tomatoes
- ☐ 1 small bell pepper green cut into 1-inch pieces
- ☐ 1 pound shrimp raw with tails (1 6/20 count), deveined peeled

- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 1 teaspoon salt
- ☐ 4 oz cheddar cheese shredded
- ☐ 6 inch frangelico
- ☐ 6 inch frangelico

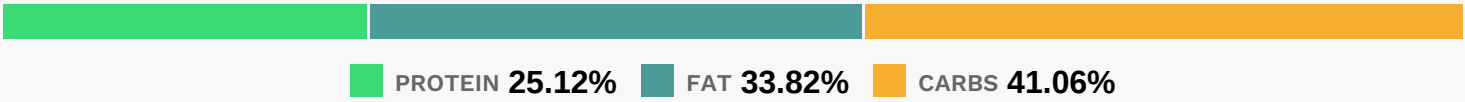
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Grill corn, covered with grill lid, 10 minutes or until done, turning once.
- ☐ Cut kernels from cobs. Discard cobs.
- ☐ Bring salt and 4 cups water to a boil in a medium saucepan over medium-high heat. Gradually whisk in grits. Cook, stirring occasionally, 8 minutes or until thickened. Stir in corn kernels, cheese, and chipotle pepper. Cover and keep warm.
- ☐ Stir together olive oil and next 3 ingredients in a large bowl. Toss shrimp with olive oil mixture; let stand at room temperature 3 minutes.
- ☐ Remove shrimp from marinade, discarding marinade. Thread shrimp onto skewers alternately with tomatoes, mushrooms, and bell peppers.
- ☐ Grill kabobs, covered with grill lid, 4 to 5 minutes on each side or just until shrimp turn pink.
- ☐ Serve kabobs with grits, and sprinkle with cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.31, Inflammation Score:-8, Nutrition Score:18.62434775933%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 303.7kcal (15.18%), Fat: 11.87g (18.27%), Saturated Fat: 4.43g (27.68%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 28.85g (10.49%), Sugar: 5.69g (6.32%), Cholesterol: 114.15mg (38.05%), Sodium: 950.99mg (41.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.85g (39.7%), Selenium: 31.52µg (45.03%), Phosphorus: 394.84mg (39.48%), Vitamin C: 27.88mg (33.8%), Vitamin B3: 4.99mg (24.94%), Vitamin A: 1145.74IU (22.91%), Folate: 91.04µg (22.76%), Vitamin B2: 0.37mg (21.58%), Calcium: 189.41mg (18.94%), Vitamin B1: 0.28mg (18.75%), Vitamin B6: 0.37mg (18.6%), Copper: 0.37mg (18.48%), Vitamin B12: 1.05µg (17.58%), Potassium: 565.12mg (16.15%), Magnesium: 59.49mg (14.87%), Vitamin E: 2.19mg (14.63%), Zinc: 2.16mg (14.38%), Fiber: 3.59g (14.37%), Manganese: 0.29mg (14.27%), Vitamin B5: 1.28mg (12.76%), Vitamin K: 13.12µg (12.49%), Iron: 1.77mg (9.83%), Vitamin D: 0.26µg (1.76%)