



Grits a Ya Ya

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



782 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 slices bacon chopped
- ☐ 3 tablespoons butter
- ☐ 3.5 cups chicken stock see
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup gouda cheese smoked shredded to taste
- ☐ 0.3 cup green onions sliced
- ☐ 0.8 cup old fashioned grits
- ☐ 6 servings salt and ground pepper black to taste

- ☐ 2 cups heavy cream
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 dash pepper sauce hot to taste
- ☐ 1 cup portabello mushrooms chopped
- ☐ 1 tablespoon shallots minced
- ☐ 2 cups pkt spinach chopped
- ☐ 1 tablespoon white wine

Equipment

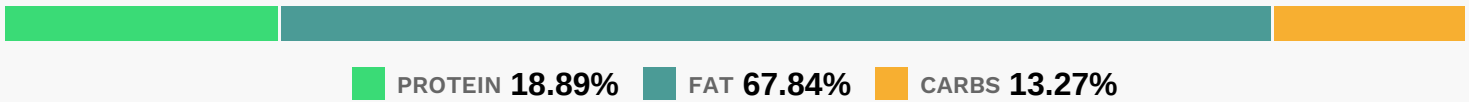
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Bring the chicken stock to a boil in a saucepan over high heat.
- ☐ Slowly pour the grits into the stock while stirring constantly.
- ☐ Reduce heat to low; simmer until the grits are tender and thick, 15 to 20 minutes, stirring occasionally.
- ☐ Stir in 1/4 cup heavy cream to thin the grits.
- ☐ Stir in the Gouda cheese and 1/4 cup butter until melted and smooth.
- ☐ While the grits are cooking, place the bacon in a large, deep skillet over medium heat; cook until the bacon fat is rendered, about 3 minutes.
- ☐ Stir in the shallot and garlic; cooking and stirring until the shallots are tender, about 5 minutes.
- ☐ Pour in the white wine and stir in 3 tablespoons butter, cooking and stirring until the butter has melted.
- ☐ Drop the shrimp in the skillet; cook and stir until they are bright pink on the outside and the meat is no longer transparent in the center, about 3 minutes.
- ☐ Stir in the spinach, mushrooms, and green onions; cook and stir until the spinach wilts, about 2 minutes more.
- ☐ Remove the shrimp with a slotted spoon.

- ☐
- Stir in 2 cups heavy cream. Simmer until the cream is reduced by about a third, about 10 minutes.
- ☐
- Season with hot sauce, salt, and pepper.
- ☐
- Return the shrimp to the skillet to heat through.
- ☐
- Serve shrimp and sauce over the prepared grits.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:0.56, Inflammation Score:-9, Nutrition Score:21.153913124748%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 781.9kcal (39.09%), Fat: 59.17g (91.03%), Saturated Fat: 33.26g (207.87%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 25.11g (9.13%), Sugar: 6.2g (6.89%), Cholesterol: 294.92mg (98.31%), Sodium: 884.79mg (38.47%), Alcohol: 0.26g (100%), Alcohol %: 0.08% (100%), Protein: 37.08g (74.15%), Vitamin K: 61.41µg (58.48%), Phosphorus: 544.62mg (54.46%), Vitamin A: 2599.91IU (52%), Calcium: 401.53mg (40.15%), Selenium: 23.47µg (33.52%), Vitamin B2: 0.48mg (28.06%), Copper: 0.49mg (24.27%), Zinc: 3.54mg (23.61%), Vitamin B3: 4.46mg (22.3%), Potassium: 689.65mg (19.7%), Magnesium: 67.81mg (16.95%), Vitamin B6: 0.32mg (15.94%), Vitamin B12: 0.9µg (15%), Vitamin B1: 0.21mg (13.72%), Folate: 46.37µg (11.59%), Vitamin D: 1.63µg (10.85%), Manganese: 0.2mg (10.15%), Vitamin E: 1.39mg (9.24%), Iron: 1.61mg (8.97%), Vitamin B5: 0.79mg (7.9%), Vitamin C: 4.91mg (5.95%), Fiber: 0.93g (3.73%)