



Gulf Coast Shrimp and Grits

 Popular

READY IN



50 min.

SERVINGS



6

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 1 cup mild andouille smoked
- ☐ 1 tablespoon butter
- ☐ 3 teaspoons cajun spice
- ☐ 1 can canned tomatoes diced
- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoons canola oil
- ☐ 0.1 cup celery

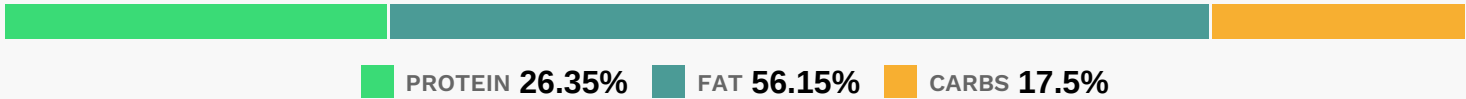
- ☐ 2 cups cheddar cheese
- ☐ 1.5 cups chicken broth
- ☐ 6 garlic
- ☐ 0.3 cup bell pepper green
- ☐ 6 servings green onion sliced for garnish
- ☐ 1 cup grits quick
- ☐ 0.5 cup heavy cream
- ☐ 6 servings kosher salt and freshly cracked pepper black to taste
- ☐ 0.5 cup onion
- ☐ 6 servings pepper flakes red
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds shrimp
- ☐ 1 tablespoon butter unsalted
- ☐ 2 tablespoons butter unsalted
- ☐ 4 cups water

Equipment

Directions

- ☐ Recipe: Gulf Coast Shrimp and Grits
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 20 min |Cook time: 30 min |

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:3.04, Inflammation Score:-9, Nutrition Score:25.033478197844%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 728.61kcal (36.43%), Fat: 46.4g (71.38%), Saturated Fat: 20.9g (130.6%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 28.38g (10.32%), Sugar: 5.39g (5.98%), Cholesterol: 351.37mg (117.12%), Sodium: 1507.11mg (65.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.99g (97.99%), Phosphorus: 638.07mg (63.81%), Vitamin A: 2228.98IU (44.58%), Calcium: 435.98mg (43.6%), Copper: 0.87mg (43.46%), Zinc: 4.96mg (33.03%), Vitamin B2: 0.47mg (27.88%), Magnesium: 106.3mg (26.57%), Selenium: 18.34µg (26.2%), Vitamin E: 3.91mg (26.05%), Vitamin K: 27.33µg (26.03%), Potassium: 895.02mg (25.57%), Vitamin B1: 0.36mg (23.81%), Iron: 3.85mg (21.42%), Manganese: 0.42mg (21.04%), Vitamin B6: 0.4mg (20.12%), Vitamin B3: 3.91mg (19.55%), Vitamin C: 14.55mg (17.64%), Folate: 68.55µg (17.14%), Vitamin B12: 1.02µg (17.08%), Fiber: 4.15g (16.6%), Vitamin B5: 0.75mg (7.52%), Vitamin D: 1.06µg (7.07%)