



Hominy Grill's Shrimp and Grits

READY IN



49 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 slices bacon chopped
- 6 servings creamy cheddar cheese grits
- 2 tablespoons flour all-purpose
- 8 oz mushrooms fresh sliced
- 3 garlic cloves minced
- 0.5 cup green onions thinly sliced
- 2 teaspoons hot sauce
- 0.3 cup juice of lemon fresh
- 2 pounds shrimp raw unpeeled ()

0.5 teaspoon salt

Equipment

frying pan

paper towels

Directions

Peel shrimp; devein, if desired. Toss shrimp with flour until lightly coated, shaking to remove excess.

Cook bacon in a medium skillet over medium-high heat 8 to 10 minutes or until crisp.

Remove bacon, and drain on paper towels, reserving drippings in skillet.

Saut mushrooms in hot drippings 4 minutes or just until mushrooms begin to release their liquid.

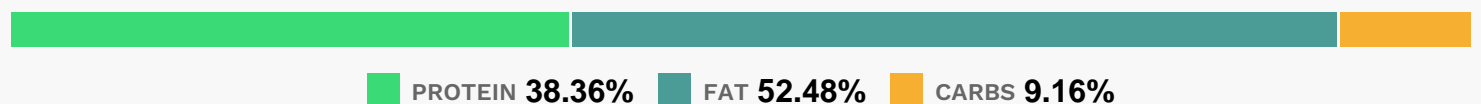
Add shrimp, and saut 3 to 3 1/2 minutes or just until shrimp turn pink.

Add garlic, and saut 1 minute (do not brown garlic).

Add lemon juice and next 3 ingredients; serve immediately over Creamy Cheddar Cheese Grits.

Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:2.12, Inflammation Score:-6, Nutrition Score:19.719565267148%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 331.65kcal (16.58%), Fat: 19.22g (29.57%), Saturated Fat: 8.4g (52.53%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 6.81g (2.48%), Sugar: 1.42g (1.58%), Cholesterol: 232.61mg (77.54%), Sodium: 1406.04mg (61.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.61g (63.22%), Selenium: 61.57µg (87.96%), Phosphorus: 574.54mg (57.45%), Vitamin B12: 2.1µg (35.05%), Calcium: 305.93mg (30.59%), Vitamin B3: 5.02mg (25.12%), Copper: 0.43mg (21.53%), Zinc: 3.06mg (20.38%), Vitamin B2: 0.35mg (20.33%), Vitamin B6: 0.39mg (19.27%), Vitamin K: 18.49µg (17.61%), Vitamin E: 2.37mg (15.83%), Folate: 54.2µg (13.55%), Vitamin A: 665.73IU (13.31%), Vitamin B5: 1.31mg (13.06%), Magnesium: 50.44mg (12.61%), Potassium: 398.07mg (11.37%), Vitamin C: 9.07mg (11%), Vitamin B1: 0.15mg (10.07%), Manganese: 0.12mg (6.24%), Iron: 0.91mg (5.07%), Vitamin D: 0.48µg (3.2%), Fiber: 0.74g (2.95%)