



Lemon-Garlic Shrimp and Grits

 **Gluten Free**  **Popular**

READY IN



30 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons parsley fresh roughly chopped
- 2 large cloves garlic minced
- 0.8 cup grits instant
- 0.5 juice of lemon for serving
- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup parmesan cheese grated
- 1.3 pounds shrimp deveined peeled
- 3 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Bring 3 cups of water to a boil in a medium saucepan over high heat, covered. Uncover and slowly whisk in the grits, 1 teaspoon salt and 1/2 teaspoon pepper. Reduce the heat to medium low and cook, stirring occasionally, until thickened, about 5 minutes. Stir in the parmesan and 1 tablespoon butter.
- Remove from the heat and season with salt and pepper. Cover to keep warm.
- Meanwhile, season the shrimp with salt and pepper. Melt the remaining 2 tablespoons butter in a large skillet over medium-high heat.
- Add the shrimp, garlic and cayenne, if using, and cook, tossing, until the shrimp are pink, 3 to 4 minutes.
- Remove from the heat and add 2 tablespoons water, the lemon juice and parsley; stir to coat the shrimp with the sauce and season with salt and pepper.
- Divide the grits among shallow bowls and top with the shrimp and sauce.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:16.065652080204%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 331.12kcal (16.56%), Fat: 11.65g (17.92%), Saturated Fat: 6.62g (41.36%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 22.6g (8.22%), Sugar: 0.58g (0.64%), Cholesterol: 256.23mg (85.41%), Sodium: 587.77mg (25.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.75g (65.49%), Iron: 12.26mg (68.13%), Vitamin B1: 0.58mg (38.48%), Phosphorus: 383.91mg (38.39%), Vitamin K: 33.83µg (32.22%), Copper: 0.58mg (28.83%), Calcium: 265.2mg (26.52%), Magnesium: 66.07mg (16.52%), Zinc: 2.41mg (16.1%), Folate: 56.02µg (14.01%), Vitamin B2: 0.23mg (13.73%), Vitamin B3: 2.68mg (13.42%), Potassium: 458.2mg (13.09%), Selenium: 7.52µg (10.74%), Vitamin A: 486.72IU (9.73%), Manganese: 0.15mg (7.7%), Vitamin C: 4.58mg (5.55%), Fiber: 1.36g (5.45%), Vitamin B6: 0.09mg (4.59%), Vitamin E: 0.31mg (2.09%), Vitamin B12: 0.1µg (1.7%), Vitamin D: 0.19µg (1.26%), Vitamin B5: 0.13mg (1.26%)