



Lighter Shrimp and Polenta

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup canadian bacon diced
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon chives fresh chopped for garnish, optional
- ☐ 2 cloves garlic minced
- ☐ 0.5 bell pepper diced green seeded
- ☐ 1 teaspoon hot sauce
- ☐ 1 onion diced

- ☐ 2 tablespoons nonfat yogurt plain greek-style
- ☐ 0.8 cup quick-cooking polenta uncooked
- ☐ 0.3 teaspoon salt
- ☐ 12 shrimp with tails on deveined peeled
- ☐ 3 cups water hot

Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Add the bacon to a nonstick skillet and saute over medium heat until crisp.
- ☐ Transfer the bacon to a plate and set aside.
- ☐ Add the garlic, onions and bell peppers. Cook, stirring occasionally, until the vegetables are tender, about 8 minutes.
- ☐ Add the tomatoes, wine, yogurt, hot sauce and salt, and bring to a boil, stirring constantly to scrape the browned bits from the bottom of the pan. Reduce the heat and simmer, uncovered, until the flavors are blended and the sauce begins to thicken, 6 to 8 minutes. Return the bacon to the skillet.
- ☐ Add the shrimp and cook until the shrimp turn bright pink and are cooked through, 1 to 2 minutes.
- ☐ Meanwhile, in a heavy cast-iron skillet, add your polenta and allow it to toast for about a minute.
- ☐ Add the hot water and slowly whisk the polenta and water together. Reduce the heat and simmer until thickened, about 5 minutes.
- ☐ Remove from the heat.
- ☐ Serve the shrimp mixture over the polenta.
- ☐ Sprinkle with the chives if desired.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:8.73, Inflammation Score:-6, Nutrition Score:14.210434924001%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 172.45kcal (8.62%), Fat: 2.6g (4.01%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 18.91g (6.88%), Sugar: 7.21g (8.02%), Cholesterol: 55.89mg (18.63%), Sodium: 496.4mg (21.58%), Alcohol: 1.54g (100%), Alcohol %: 0.48% (100%), Protein: 13.99g (27.98%), Manganese: 0.96mg (47.77%), Vitamin C: 25.19mg (30.53%), Phosphorus: 234.84mg (23.48%), Copper: 0.43mg (21.27%), Magnesium: 84.77mg (21.19%), Vitamin B1: 0.3mg (20.06%), Potassium: 597.64mg (17.08%), Fiber: 4.16g (16.62%), Vitamin B6: 0.33mg (16.37%), Selenium: 10.21µg (14.59%), Iron: 2.5mg (13.88%), Vitamin B3: 2.45mg (12.26%), Zinc: 1.59mg (10.62%), Calcium: 100.43mg (10.04%), Vitamin E: 1.49mg (9.91%), Vitamin K: 8.87µg (8.45%), Vitamin B2: 0.14mg (8.1%), Folate: 27.77µg (6.94%), Vitamin A: 311.64IU (6.23%), Vitamin B5: 0.6mg (6.02%), Vitamin D: 0.41µg (2.76%), Vitamin B12: 0.16µg (2.67%)