



LoLa Shrimp and Parmesan Polenta Grits with Tomato Basil Concasse

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



485 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 16 ounces tomatoes diced canned
- ☐ 1 cup bottled clam juice
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons garlic chopped
- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 1 teaspoon lemon zest

- ☐ 4 tablespoons olive oil
- ☐ 0.3 cup onions diced
- ☐ 0.3 cup parmesan grated
- ☐ 1 cup quick-cooking polenta
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 pound count shrimp
- ☐ 1 tablespoon paprika smoked
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons at least of turkey bacon chopped
- ☐ 2 tablespoons at least of turkey bacon cooked chopped
- ☐ 6 tablespoons butter unsalted

Equipment

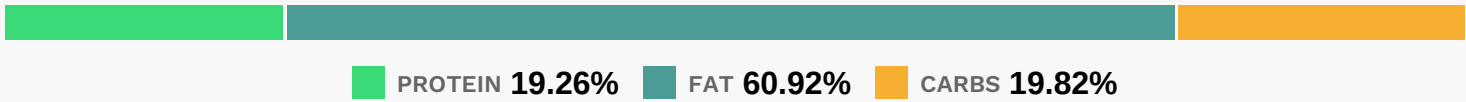
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 2 tablespoons of the olive oil in a large, deep skillet over medium-high heat.
- ☐ Saute the onions and turkey bacon for 3 minutes.
- ☐ Add the garlic, clam juice, diced tomatoes, Italian seasoning and sugar. Simmer for 25 minutes.
- ☐ Sprinkle the shrimp with salt, pepper and the smoked paprika. In a small skillet, heat the remaining 2 tablespoons olive oil over medium heat and saute the shrimp for 1 minute.
- ☐ Transfer the shrimp to the tomato sauce and simmer for 2 minutes.
- ☐ For the polenta: Bring 3 cups water to a boil in a large saucepan. Stir in the polenta and reduce the heat to a simmer. Cook for 10 minutes. Stir in the heavy cream, Parmesan, butter and lemon zest. Taste and season with salt and pepper.
- ☐ To serve: Divide the polenta between shallow serving bowls and top each with some shrimp and sauce.

☐ Garnish with the turkey bacon and parsley.

Nutrition Facts



Properties

Glycemic Index:50.52, Glycemic Load:8.5, Inflammation Score:-8, Nutrition Score:16.199130224145%

Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 485.24kcal (24.26%), Fat: 33.76g (51.94%), Saturated Fat: 15.06g (94.11%), Carbohydrates: 24.71g (8.24%), Net Carbohydrates: 21.46g (7.8%), Sugar: 8.5g (9.45%), Cholesterol: 187.66mg (62.55%), Sodium: 665.19mg (28.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.04%), Manganese: 0.81mg (40.5%), Vitamin K: 38.88µg (37.03%), Phosphorus: 353.67mg (35.37%), Vitamin A: 1534.26IU (30.69%), Copper: 0.46mg (22.96%), Magnesium: 86.97mg (21.74%), Vitamin E: 3.12mg (20.83%), Calcium: 190.15mg (19.02%), Potassium: 561.62mg (16.05%), Iron: 2.86mg (15.86%), Vitamin C: 12.84mg (15.57%), Zinc: 2.23mg (14.87%), Selenium: 9.92µg (14.18%), Fiber: 3.26g (13.03%), Vitamin B6: 0.24mg (12.25%), Vitamin B2: 0.17mg (10.19%), Vitamin B1: 0.14mg (9.61%), Vitamin B3: 1.33mg (6.63%), Folate: 22.42µg (5.6%), Vitamin D: 0.59µg (3.96%), Vitamin B5: 0.38mg (3.81%), Vitamin B12: 0.17µg (2.83%)