



Low Country Shrimp and Grits with Stewed Tomatoes

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups percent milk
- 28 canned tomatoes whole low-sodium coarsely chopped canned
- 6 servings coarse kosher salt and pepper black freshly ground
- 2 bay leaves fresh
- 2 tablespoons parsley fresh plus more for garnish chopped
- 3 cloves garlic finely chopped
- 1 pinch ground cayenne pepper or to taste

- 1 tablespoon olive oil
- 1 medium onion coarsely chopped
- 2 tablespoons parmigiano-reggiano freshly grated plus more for garnish
- 24 large shrimp fresh deveined peeled (tails left on)
- 1 cup grits stone-ground
- 1 tablespoon butter unsalted

Equipment

- frying pan
- sauce pan
- whisk
- wooden spoon

Directions

- In a medium saucepan, bring 2 cups water, the milk, 1 teaspoon salt and pepper to taste for the grits to a gentle boil.
- Whisk in the grits. Reduce the heat to simmer and cook, stirring often with a wooden spoon, until the mixture is smooth and thick and falls easily from the spoon, 45 to 60 minutes.
- Towards the end of the cooking time for the grits, in a large skillet, heat the olive oil over medium heat.
- Add the onions and cook until soft and translucent, 2 to 3 minutes.
- Add the garlic and cook until fragrant, 45 to 60 seconds. Stir in the tomatoes with their juice and the bay leaves. Season with cayenne pepper. Reduce the heat and simmer until the mixture is slightly thickened, 5 to 10 minutes.
- Increase the heat under the tomatoes to medium high and add the shrimp. Cook until the shrimp are pink and firm, an additional 3 to 5 minutes.
- Remove the skillet from the heat and stir in the parsley. Taste and adjust for seasoning with salt and pepper. When the grits have thickened, stir in the cheese and butter. To serve, place a heaping spoonful of grits on each plate. Top with the shrimp and tomato gravy.
- Garnish with additional Parmigiano-Reggiano and chopped parsley.
- Serve immediately.

Nutrition Facts

PROTEIN 24.72% FAT 27.03% CARBS 48.25%

Properties

Glycemic Index:36.33, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:7.4986956339815%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 225.63kcal (11.28%), Fat: 6.79g (10.44%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 26.33g (9.57%), Sugar: 5.17g (5.75%), Cholesterol: 76.84mg (25.61%), Sodium: 119.76mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.97g (27.94%), Vitamin K: 24.22µg (23.07%), Phosphorus: 199.2mg (19.92%), Calcium: 151.94mg (15.19%), Copper: 0.21mg (10.26%), Vitamin B2: 0.17mg (10.18%), Selenium: 7.13µg (10.18%), Potassium: 309.15mg (8.83%), Magnesium: 34.5mg (8.62%), Zinc: 1.15mg (7.64%), Vitamin B12: 0.44µg (7.35%), Vitamin A: 339.61IU (6.79%), Manganese: 0.13mg (6.37%), Vitamin B6: 0.12mg (5.99%), Vitamin B1: 0.08mg (5.43%), Vitamin C: 4.21mg (5.11%), Vitamin B5: 0.47mg (4.67%), Iron: 0.74mg (4.13%), Fiber: 0.93g (3.72%), Vitamin E: 0.5mg (3.31%), Folate: 11.68µg (2.92%), Vitamin B3: 0.5mg (2.5%)