



Lowcountry Shrimp and Cheese Grits

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



335 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 2 teaspoons olive oil
- 7 ounce garlic cheese spread
- 1 cup quick-cooking grits
- 0.5 teaspoon salt
- 6 servings salt and pepper to taste
- 1.5 pounds shrimp fresh shelled deveined
- 1 large tomatoes diced

3 cups water

Equipment

frying pan

sauce pan

Directions

In a saucepan, bring the water and salt to a boil. Stir in the quick grits and reduce the heat. Cook slowly for 5 minutes.

Remove from heat and stir in the garlic cheese until melted.

Let sit for 2 to 4 minutes; keep warm.

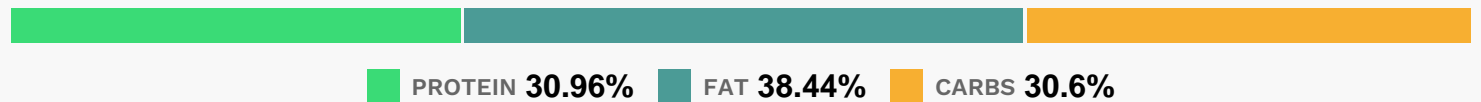
In a skillet, heat the butter and oil over medium heat.

Saute the shrimp until pink. Stir in diced tomato and cook until tomato is heated through.

Remove from heat and salt and pepper to taste.

Spread the cheese grits on a warm platter. Top with shrimp mixture.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:8.7034782977856%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 334.9kcal (16.74%), Fat: 13.91g (21.4%), Saturated Fat: 5.78g (36.1%), Carbohydrates: 24.92g (8.31%), Net Carbohydrates: 23.37g (8.5%), Sugar: 4.05g (4.5%), Cholesterol: 210.64mg (70.21%), Sodium: 903.25mg (39.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.2g (50.41%), Phosphorus: 292.02mg (29.2%), Copper: 0.51mg (25.38%), Calcium: 201.78mg (20.18%), Magnesium: 56.4mg (14.1%), Vitamin A: 669.94IU (13.4%), Zinc: 1.82mg (12.1%), Potassium: 408.49mg (11.67%), Folate: 42.68µg (10.67%), Vitamin B1: 0.15mg (10.3%), Iron: 1.55mg (8.62%), Vitamin C: 6.32mg (7.66%), Vitamin B3: 1.37mg (6.84%), Manganese: 0.13mg (6.36%), Fiber: 1.55g (6.19%),

Vitamin B2: 0.09mg (5.22%), Vitamin B6: 0.09mg (4.55%), Vitamin K: 3.53µg (3.36%), Vitamin E: 0.46mg (3.09%),
Vitamin B5: 0.11mg (1.09%)