

Lowcountry Shrimp and Grits

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon butter
- ☐ 0.1 cup olive oil extra virgin
- ☐ 3 cups milk
- ☐ 1 small onion finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.8 cup grits yellow stone-ground
- ☐ 0.1 teaspoon pepper white

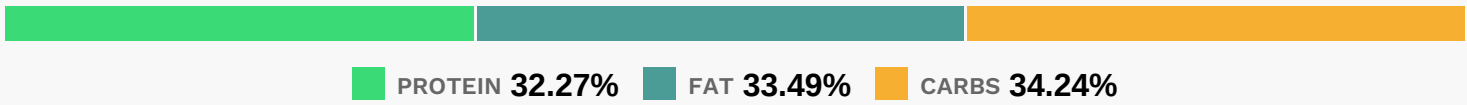
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, bring the milk to a boil. Stir in the grits, and reduce heat to low. Cook, stirring occasionally, until silky, about 10 minutes.
- ☐ Meanwhile, heat olive oil and butter in a skillet over medium heat.
- ☐ Saute onions until tender, then toss in shrimp. Season with salt and pepper, and cook 4 to 5 minutes, or until shrimp turn pink. Stir shrimp mixture into grits, and continue cooking for 10 to 15 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:3.61, Inflammation Score:-4, Nutrition Score:11.992608801178%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 390.52kcal (19.53%), Fat: 14.57g (22.41%), Saturated Fat: 5.15g (32.16%), Carbohydrates: 33.51g (11.17%), Net Carbohydrates: 32.73g (11.9%), Sugar: 9.73g (10.81%), Cholesterol: 207.22mg (69.07%), Sodium: 358.99mg (15.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.58g (63.16%), Phosphorus: 454.34mg (45.43%), Calcium: 302.9mg (30.29%), Copper: 0.47mg (23.73%), Potassium: 639.94mg (18.28%), Magnesium: 71.38mg (17.85%), Vitamin B12: 0.99µg (16.51%), Zinc: 2.42mg (16.14%), Vitamin B2: 0.27mg (15.85%), Vitamin D: 2.01µg (13.42%), Selenium: 8.55µg (12.22%), Vitamin B1: 0.15mg (9.91%), Vitamin B6: 0.18mg (8.79%), Vitamin B5: 0.85mg (8.47%), Vitamin A: 390.64IU (7.81%), Vitamin E: 1.1mg (7.31%), Iron: 0.97mg (5.37%), Manganese: 0.1mg (5.07%),

Vitamin K: 4.86µg (4.63%), Fiber: 0.78g (3.13%), Vitamin B3: 0.56mg (2.82%), Vitamin C: 1.31mg (1.59%), Folate: 4.83µg (1.21%)