



Michelle's Lowcountry Shrimp and Grits

READY IN



95 min.

SERVINGS



6

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices hickory-smoked bacon diced thick
- ☐ 0.5 cup chicken broth
- ☐ 2 cups coarse-ground grits white uncooked
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 green onion chopped
- ☐ 6 servings grits
- ☐ 0.3 teaspoon ground pepper red

- ☐ 0.3 teaspoon ground pepper white
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup madeira wine
- ☐ 0.5 cup parmigiano-reggiano cheese freshly grated
- ☐ 0.5 poblano pepper diced
- ☐ 1 pound shrimp raw unpeeled ()
- ☐ 6 servings shrimp sauce
- ☐ 0.3 cup butter unsalted
- ☐ 6 tablespoons butter unsalted
- ☐ 1 medium size vidalia onion diced

Equipment

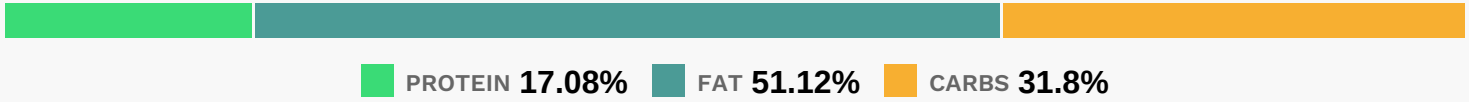
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Prepare Grits: Bring 7 cups water to a boil in a 4-qt. saucepan over medium-high heat. Slowly whisk in grits; reduce heat to medium, and cook, whisking constantly, 5 minutes. Cover, reduce heat to low, and cook, stirring occasionally, 1 hour or until tender. Fold in cheese and 1/4 cup butter.
- ☐ Prepare Shrimp Sauce: Peel shrimp; devein, if desired.
- ☐ Cook bacon in a large skillet over medium-high heat, stirring often, 4 to 5 minutes or until crisp; remove bacon, and drain on paper towels, reserving 2 Tbsp. drippings in skillet.
- ☐ Melt 6 Tbsp. butter in hot drippings in skillet. Reduce heat.
- ☐ Add onion, poblano pepper, and garlic; saut 2 minutes or until onion is translucent.
- ☐ Add shrimp; cook, stirring often, 1 to 2 minutes.
- ☐ Add salt and next 2 ingredients; toss to coat.

- ☐ Sprinkle flour over shrimp mixture; toss.
- ☐ Add broth and next 2 ingredients. Cook just until shrimp turn pink, stirring to loosen particles from skillet. Stir in bacon and parsley.
- ☐ Serve over grits with green onion.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:1.28, Inflammation Score:-8, Nutrition Score:19.776521537615%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg

Nutrients (% of daily need)

Calories: 550.16kcal (27.51%), Fat: 31.2g (48%), Saturated Fat: 15.74g (98.4%), Carbohydrates: 43.66g (14.55%), Net Carbohydrates: 38.6g (14.04%), Sugar: 4.9g (5.45%), Cholesterol: 163.04mg (54.35%), Sodium: 1848.35mg (80.36%), Alcohol: 1.03g (100%), Alcohol %: 0.37% (100%), Protein: 23.45g (46.91%), Selenium: 63.31µg (90.45%), Phosphorus: 414.32mg (41.43%), Manganese: 0.53mg (26.64%), Calcium: 219.3mg (21.93%), Vitamin A: 1084.05IU (21.68%), Vitamin B1: 0.32mg (21.1%), Magnesium: 82.29mg (20.57%), Vitamin B6: 0.41mg (20.4%), Fiber: 5.06g (20.23%), Vitamin K: 19.48µg (18.55%), Vitamin C: 14.7mg (17.82%), Vitamin B12: 1.06µg (17.6%), Vitamin B3: 3.19mg (15.95%), Copper: 0.3mg (14.82%), Vitamin E: 2.02mg (13.47%), Zinc: 2.02mg (13.46%), Iron: 2.4mg (13.35%), Potassium: 425.46mg (12.16%), Folate: 42.91µg (10.73%), Vitamin B2: 0.17mg (9.87%), Vitamin B5: 0.91mg (9.13%), Vitamin D: 0.53µg (3.52%)