



Neo-Traditional Shrimp and Grits Meal

READY IN



75 min.

SERVINGS



6

CALORIES



1368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2.5 cups chicken stock see
- ☐ 3 tablespoons dijon mustard
- ☐ 1 teaspoon garlic powder
- ☐ 1 cup regular grits uncooked
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2.5 cups heavy whipping cream
- ☐ 1 loaf bread italian
- ☐ 1.5 pounds shrimp deveined peeled

- ☐ 12 slices maple-cured bacon
- ☐ 0.3 cup olive oil divided
- ☐ 1 pinch seafood seasoning to taste old bay® (such as)
- ☐ 1 shallots finely chopped
- ☐ 0.8 cup cheddar cheese shredded

Equipment

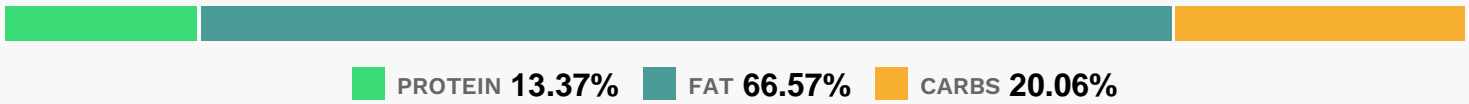
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 200 degrees F (95 degrees C).
- ☐ Toss shrimp in a bowl with Dijon mustard until coated and sprinkle with seafood seasoning. Refrigerate shrimp while you complete remaining steps.
- ☐ Pour cream and chicken stock into a large pot and bring to a boil. Reduce heat to medium-low; stir in shallot, butter, garlic powder, and grits. Bring mixture to a simmer and cook until grits have absorbed the liquid and are thick and smooth, about 20 minutes. Season with salt and black pepper.
- ☐ Place bacon in a large, deep skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate.
- ☐ Wrap Italian bread in aluminum foil and place in preheated oven to heat, about 10 minutes. When bread is hot and the outside is slightly crunchy, slice into triangles.
- ☐ Cut the triangles apart horizontally, place onto a baking sheet, and brush with 2 tablespoons olive oil. Return to oven to toast, about 5 minutes; remove and keep warm.

- ☐
- Pour 2 more tablespoons olive oil into skillet with bacon drippings and place skillet over medium-high heat. Cook and stir shrimp until pink and no longer translucent inside, about 5 minutes.
- ☐
- Divide grits among 6 serving bowls and arrange cooked shrimp around the edges of the bowls.
- ☐
- Place each bowl on a serving plate with 2 slices of bacon and 2 toast triangles.
- ☐
- Sprinkle grits with shredded Cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:0.32, Inflammation Score:-8, Nutrition Score:20.014347802038%

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

Nutrients (% of daily need)

Calories: 1368.16kcal (68.41%), Fat: 101.76g (156.56%), Saturated Fat: 51.21g (320.06%), Carbohydrates: 69g (23%), Net Carbohydrates: 65.4g (23.78%), Sugar: 28.47g (31.64%), Cholesterol: 355.84mg (118.61%), Sodium: 1097.3mg (47.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.97g (91.94%), Phosphorus: 516.95mg (51.69%), Vitamin A: 1859.56IU (37.19%), Selenium: 25.24µg (36.06%), Vitamin B3: 7.19mg (35.97%), Copper: 0.57mg (28.28%), Vitamin B2: 0.46mg (26.89%), Calcium: 254.14mg (25.41%), Potassium: 831.4mg (23.75%), Vitamin B1: 0.34mg (22.64%), Zinc: 3.29mg (21.9%), Magnesium: 85.12mg (21.28%), Vitamin E: 2.73mg (18.2%), Iron: 3.27mg (18.14%), Folate: 63.43µg (15.86%), Vitamin B6: 0.29mg (14.56%), Fiber: 3.6g (14.41%), Vitamin D: 1.85µg (12.32%), Vitamin K: 11.35µg (10.81%), Vitamin B12: 0.54µg (9%), Vitamin B5: 0.73mg (7.29%), Manganese: 0.14mg (7.24%), Vitamin C: 1.18mg (1.44%)