



Old Charleston Style Shrimp and Grits

 Popular

READY IN



75 min.

SERVINGS



8

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound andouille sausage cut into 1/4-inch slices
- 5 slices bacon
- 0.3 cup butter
- 1 pinch cayenne pepper to taste
- 1 cup chicken broth
- 0.3 cup flour all-purpose
- 1 teaspoon garlic minced
- 1 bell pepper green chopped

- 2 cups half-and-half
- 1 juice of lemon juiced
- 1 cup onion chopped
- 1 bell pepper red chopped
- 8 servings salt to taste
- 1 cup sharp cheddar cheese shredded
- 2 pounds shrimp deveined uncooked peeled
- 3 cups water
- 1 tablespoon worcestershire sauce
- 1 bell pepper yellow chopped
- 1 cup coarsely ground grits
- 1 cup coarsely ground grits

Equipment

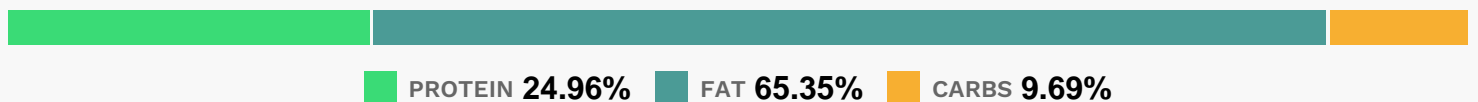
- bowl
- frying pan
- paper towels
- sauce pan

Directions

- Bring water, grits, and salt to a boil in a heavy saucepan with a lid. Stir in half-and-half and simmer until grits are thickened and tender, 15 to 20 minutes. Set aside and keep warm.
- Sprinkle shrimp with salt and cayenne pepper; drizzle with lemon juice. Set aside in a bowl.
- Place andouille sausage slices in a large skillet over medium heat; fry sausage until browned, 5 to 8 minutes.
- Remove skillet from heat.
- Cook bacon in a large skillet over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Retain bacon drippings in skillet.
- Transfer bacon slices to paper towels, let cool, and crumble.

- Cook and stir green, red, and yellow bell peppers, onion, and garlic in the bacon drippings until the onion is translucent, about 8 minutes.
- Stir shrimp and cooked vegetables into the andouille sausage and mix to combine.
- Melt butter in a saucepan over medium heat; stir in flour to make a smooth paste. Turn heat to low and cook, stirring constantly, until the mixture is medium brown in color, 8 to 10 minutes. Watch carefully, mixture burns easily.
- Pour the butter-flour mixture into the skillet with andouille sausage, shrimp, and vegetables.
- Place the skillet over medium heat and pour in chicken broth, bacon and Worcestershire sauce, cooking and stirring until the sauce thickens and the shrimp become opaque and bright pink, about 8 minutes.
- Just before serving, mix sharp Cheddar cheese into grits until melted and grits are creamy and light yellow.
- Serve shrimp mixture over cheese grits.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:2.93, Inflammation Score:-8, Nutrition Score:23.649564950362%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 547.77kcal (27.39%), Fat: 39.77g (61.19%), Saturated Fat: 17.62g (110.12%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 12.1g (4.4%), Sugar: 5.45g (6.05%), Cholesterol: 251.86mg (83.95%), Sodium: 1706.44mg (74.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.18g (68.35%), Selenium: 55.74µg (79.63%), Vitamin C: 62.17mg (75.36%), Phosphorus: 528.63mg (52.86%), Vitamin B12: 2.17µg (36.1%), Vitamin B3: 6.81mg (34.03%), Vitamin A: 1324.08IU (26.48%), Vitamin B6: 0.5mg (25.2%), Calcium: 249.83mg (24.98%), Zinc: 3.6mg (23.97%), Vitamin B2: 0.38mg (22.14%), Vitamin B1: 0.3mg (19.88%), Vitamin E: 2.81mg (18.72%), Potassium: 591.99mg (16.91%), Copper: 0.33mg (16.45%), Magnesium: 55.39mg (13.85%), Folate: 51.2µg (12.8%), Vitamin B5: 1.22mg

(12.18%), Iron: 1.58mg (8.78%), Manganese: 0.16mg (8.24%), Vitamin D: 1.05µg (6.98%), Fiber: 1.17g (4.67%), Vitamin K: 3.92µg (3.73%)