






 **64%**
HEALTH SCORE

Pan-Seared Shrimp with Romesco Sauce, Creamy Grits, and Greens

 Very Healthy

READY IN

40 min.

SERVINGS

1

CALORIES

1999 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup blanched
- 0.3 cup chicken stock see
- 2 cups chicken stock see
- 1 tablespoon parsley fresh chopped
- 1 clove garlic minced
- 1 serving grapeseed oil
- 0.5 cup havarti cheese grated

- 0.3 cup heavy cream
- 2 bunches mustard greens thick cleaned
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1 cup quick-cooking grits
- 1 pinch chile flakes red
- 0.3 cup roasted peppers red jarred
- 4 roma tomatoes cored quartered
- 1 slice rustic bread diced white
- 1 serving salt
- 1 serving salt and pepper
- 1.7 count shrimp deveined rinsed peeled ()
- 1.5 tablespoons butter unsalted divided
- 1 teaspoon balsamic vinegar white
- 2 tablespoons white wine

Equipment

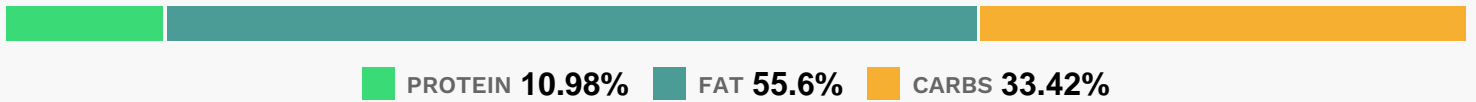
- food processor
- frying pan
- sauce pan
- whisk

Directions

- Place a saucepan over high heat with the chicken stock, salt, and pepper. Bring to a boil, reduce the heat to medium-low, add the grits, and stir with a whisk. Once the grits come to a simmer, add the cream, again reduce the heat to low, and continue to cook until the grits just start to thicken, about 8 minutes.
- Add the cheese to the grits, taste for seasoning, turn the heat off, and allow the cheese to melt into the grits. Stir in the chopped parsley. Taste and season with salt, if needed. Cover and keep warm.

- For the greens: In a medium pan over medium heat, heat the oil and saute the mustard greens until starting to wilt, about 1 minute. Stir in the chile flakes and cook 1 minute.
- Add the stock and bring to a simmer. Cook until the greens are just tender, 5 to 7 minutes.
- Heat a saute pan over medium heat and add 1 tablespoon butter, allowing the butter to melt.
- Season the shrimp with salt and pepper and then add to the pan. Stir the shrimp while cooking. Cook until bright red, 3 to 4 minutes.
- Once the shrimp are cooked, add the wine to deglaze the pan, allowing the wine to simmer for 1 minute until reduced.
- Turn the heat off and add 2 to 3 tablespoons Romesco sauce, stirring in to coat the shrimp.
- Add the remaining 1/2 tablespoon butter to finish.
- To plate, spoon the grits onto a plate, top with mustard greens, and top with shrimp.
- Grind the almonds in a food processor until finely ground but not pureed.
- Add the bread, vinegar, tomatoes, peppers, garlic, and paprika to the processor and grind together briefly until evenly pureed. With the motor running, add the olive oil slowly until the sauce is thickened. Taste and season with salt.

Nutrition Facts



Properties

Glycemic Index:276, Glycemic Load:3.71, Inflammation Score:-10, Nutrition Score:62.173478665559%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 1.92mg, Naringenin: 1.92mg, Naringenin: 1.92mg, Naringenin: 1.92mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 1999.47kcal (99.97%), Fat: 125.69g (193.38%), Saturated Fat: 46.59g (291.22%), Carbohydrates: 169.98g (56.66%), Net Carbohydrates: 154.42g (56.15%), Sugar: 26.98g (29.98%), Cholesterol: 205.35mg (68.45%), Sodium: 2203.06mg (95.79%), Alcohol: 3.09g (100%), Alcohol %: 0.31% (100%), Protein: 55.83g (111.67%), Vitamin E: 18.59mg (123.94%), Vitamin A: 5524.24IU (110.48%), Vitamin K: 113.54µg (108.14%), Phosphorus: 991.22mg (99.12%), Vitamin B2: 1.68mg (98.57%), Vitamin B3: 19.63mg (98.16%), Folate: 366.83µg (91.71%), Vitamin B1: 1.29mg (86.12%), Manganese: 1.45mg (72.71%), Vitamin C: 59.65mg (72.3%), Fiber: 15.57g (62.27%), Vitamin B6: 1.2mg (60.17%), Magnesium: 237.92mg (59.48%), Iron: 10.01mg (55.59%), Calcium: 554.65mg (55.46%), Potassium: 1923.76mg (54.96%), Copper: 1.08mg (54.24%), Zinc: 6.35mg (42.31%), Selenium: 20.51µg (29.31%), Vitamin B12: 0.91µg (15.18%), Vitamin B5: 1.29mg (12.89%), Vitamin D: 1.42µg (9.44%)