



Shrimp and Andouille Grits

 **Gluten Free**  **Popular**

READY IN



35 min.

SERVINGS



4

CALORIES



664 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 pound andouille sausage
- 2 tablespoon butter
- 1 tablespoon cajun spice
- 2 stalks celery diced
- 1 cup cheddar grated
- 1 cup chicken broth
- 1 handful parsley chopped
- 2 cloves garlic chopped

- 0.5 bell pepper diced green
- 3 green onions sliced
- 1 cup grits/cornmeal
- 0.3 cup heavy cream
- 1 tablespoon oil
- 1 onion diced
- 0.5 bell pepper diced red
- 4 servings salt and pepper to taste
- 0.5 pound shrimp peeled
- 0.5 teaspoon thyme leaves chopped
- 1 tomatoes diced
- 4 cups water

Equipment

- frying pan

Directions

- Bring the water to a boil, stir in the grits, reduce the heat and simmer until tender. Meanwhile, heat the oil in a pan over medium-high heat.
- Add the sausage and sear, about 3 minutes and set aside. Toss the shrimp in the cajun seasoning, add the shrimp to the pan and cook, about 2-3 minutes and set aside.
- Heat the oil in the pan, add the onions, peppers and celery and cook until tender, about 5-7 minutes.
- Add the garlic, thyme and cajun seasoning and cook until fragrant, about a minute.
- Add the broth and tomato and simmer to reduce a bit, about 5 minutes.
- Add the sausage and shrimp, season with salt and pepper, mix in the cream, green onions and parsley and remove from heat. Mic the butter and cheddar into the grits and remove from heat.
- Serve the shrimp over the grits.

Nutrition Facts

PROTEIN 20.45% FAT 54.88% CARBS 24.67%

Properties

Glycemic Index:92.5, Glycemic Load:1.74, Inflammation Score:-9, Nutrition Score:23.381304575049%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg

Nutrients (% of daily need)

Calories: 664.49kcal (33.22%), Fat: 40.91g (62.94%), Saturated Fat: 17.92g (112.02%), Carbohydrates: 41.4g (13.8%), Net Carbohydrates: 38.11g (13.86%), Sugar: 5.29g (5.88%), Cholesterol: 201.33mg (67.11%), Sodium: 1209.9mg (52.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.3g (68.59%), Vitamin A: 2699.74IU (53.99%), Vitamin C: 41.86mg (50.74%), Vitamin K: 50.95µg (48.52%), Phosphorus: 415.29mg (41.53%), Selenium: 27.72µg (39.61%), Calcium: 298.49mg (29.85%), Zinc: 3.78mg (25.19%), Vitamin B3: 4.84mg (24.2%), Vitamin B2: 0.38mg (22.29%), Potassium: 745.47mg (21.3%), Copper: 0.42mg (21.22%), Vitamin B6: 0.41mg (20.26%), Vitamin B1: 0.28mg (18.61%), Vitamin E: 2.74mg (18.27%), Magnesium: 69.01mg (17.25%), Vitamin B12: 0.9µg (15.04%), Manganese: 0.29mg (14.63%), Iron: 2.4mg (13.33%), Fiber: 3.29g (13.16%), Folate: 42.92µg (10.73%), Vitamin B5: 1mg (10.04%), Vitamin D: 1.2µg (8.01%)