



Shrimp and Andouille Sausage With Asiago Grits

 Gluten Free

READY IN



48 min.

SERVINGS



6

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound andouille sausage diced
- 1 tablespoon butter
- 0.3 cup chicken broth
- 6 servings garnish: chives fresh chopped
- 0.3 cup cooking wine dry white
- 6 servings asiago grits
- 0.3 teaspoon ground pepper white

- 0.5 cup parmesan cheese freshly grated
- 1.5 pounds shrimp raw unpeeled
- 0.8 cup whipping cream

Equipment

- frying pan

Directions

- Peel shrimp; devein, if desired.
- Melt butter in a large skillet over medium–high heat; add sausage, and cook, stirring constantly, 5 minutes or until lightly browned.
- Add shrimp, and cook, stirring constantly, 3 to 5 minutes or just until shrimp turn pink.
- Remove shrimp and sausage mixture from skillet.
- Add cream, broth, and wine to skillet; cook over medium heat, stirring constantly, 5 minutes or until slightly thickened. Stir in cheese and pepper; cook, stirring constantly, 6 to 8 minutes or until cheese is melted. Stir in shrimp and sausage mixture.
- Serve over Asiago Grits.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:15.640434604624%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 510.86kcal (25.54%), Fat: 26.72g (41.1%), Saturated Fat: 12.94g (80.88%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 33.56g (12.2%), Sugar: 1.8g (2%), Cholesterol: 219.95mg (73.32%), Sodium: 1155.58mg (50.24%), Alcohol: 1.37g (100%), Alcohol %: 0.67% (100%), Protein: 29.84g (59.67%), Selenium: 50.89µg (72.7%), Phosphorus: 440.78mg (44.08%), Vitamin B12: 1.78µg (29.72%), Vitamin B3: 4.89mg (24.45%), Calcium: 187.14mg (18.71%), Vitamin A: 907.58IU (18.15%), Vitamin B6: 0.34mg (16.99%), Zinc: 2.52mg (16.8%), Vitamin E: 2.19mg (14.6%), Copper: 0.27mg (13.66%), Magnesium: 49.28mg (12.32%), Vitamin B1: 0.18mg (12.24%), Vitamin B2: 0.19mg (11.44%), Potassium: 362.17mg (10.35%), Vitamin B5: 0.94mg (9.41%), Vitamin D: 1.16µg (7.74%), Iron: 1.25mg (6.96%), Folate: 26.91µg (6.73%), Manganese: 0.11mg (5.35%), Vitamin K: 3.9µg (3.71%), Fiber: 0.67g (2.68%)