



Shrimp and Artichokes Over Parmesan Grits

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



338 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3.5 cups less-sodium chicken broth fat-free divided
- ☐ 9 ounce artichoke hearts frozen thawed
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion chopped

- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.8 cup quick-cooking grits uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled

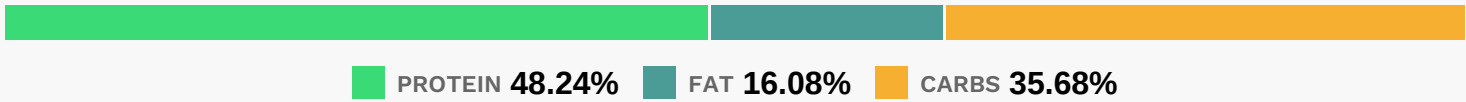
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and artichoke hearts, and saut 5 minutes.
- ☐ Add 1 cup chicken broth, shrimp, and garlic, and saute 6 minutes.
- ☐ Add oregano, rind, juice, salt, and pepper.
- ☐ Remove from heat; cover and keep warm.
- ☐ Bring 2 1/2 cups chicken broth to a boil in a medium saucepan. Slowly stir in grits; reduce heat to low. Cook 7 minutes or until thick and creamy, stirring occasionally. Stir in cheese. Spoon 1/2 cup grits into each of 4 bowls; top each with 1 cup shrimp mixture.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:16.039565336445%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin:

1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 338.21kcal (16.91%), Fat: 6.25g (9.61%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 26.69g (9.71%), Sugar: 1.52g (1.69%), Cholesterol: 281.11mg (93.7%), Sodium: 1337.79mg (58.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.16g (84.32%), Phosphorus: 530.94mg (53.09%), Copper: 0.79mg (39.45%), Folate: 130.96µg (32.74%), Magnesium: 99.35mg (24.84%), Calcium: 220.41mg (22.04%), Potassium: 768mg (21.94%), Zinc: 3.21mg (21.39%), Manganese: 0.39mg (19.67%), Fiber: 4.49g (17.97%), Iron: 2.78mg (15.43%), Vitamin B2: 0.26mg (15.4%), Vitamin B3: 3.06mg (15.3%), Vitamin B1: 0.23mg (15.19%), Selenium: 7.76µg (11.09%), Vitamin B6: 0.21mg (10.57%), Vitamin B12: 0.51µg (8.5%), Vitamin C: 6.47mg (7.84%), Vitamin B5: 0.51mg (5.15%), Vitamin K: 4.76µg (4.54%), Vitamin A: 180.36IU (3.61%), Vitamin E: 0.43mg (2.88%)