



Shrimp and Cheesy Grits with Bacon

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



762 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup bacon raw chopped
- 2 tablespoons add carrot and onion to bacon fat . cook
- 1.5 cups chicken broth
- 1.5 cups evaporated milk
- 0.5 cup bell pepper diced green
- 0.5 cup onion diced
- 0.8 cup quick-cooking grits
- 0.5 teaspoon salt

- 1 cup cheddar cheese shredded
- 1 pound shrimp deveined uncooked peeled

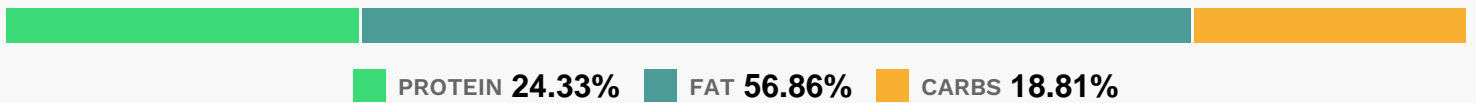
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Bring chicken broth and evaporated milk to a boil in a large saucepan; stir in grits and salt and return to a boil. Reduce heat to low, cover, and simmer grits until thick, stirring often, about 5 minutes. Stir in 1 cup Cheddar cheese until melted. Set grits aside and keep warm.
- Cook and stir bacon in a large skillet over medium heat until crisp, 8 to 10 minutes.
- Transfer bacon to a bowl.
- Drain all but 2 tablespoons of bacon drippings from the skillet and cook and stir shrimp, green bell pepper, and onion in bacon drippings until shrimp are bright pink and no longer translucent inside and green pepper is tender, 5 to 8 minutes. Stir bacon into shrimp mixture.
- Spread grits into a serving dish, top with shrimp mixture, and sprinkle with 1 tablespoon Cheddar cheese for garnish.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:20.944347806599%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 761.96kcal (38.1%), Fat: 48.38g (74.43%), Saturated Fat: 20.57g (128.59%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 34.03g (12.38%), Sugar: 11.53g (12.81%), Cholesterol: 285.68mg (95.23%), Sodium: 1441.46mg (62.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.59g (93.17%), Phosphorus: 708.18mg (70.82%), Calcium: 533.18mg (53.32%), Vitamin B2: 0.63mg (36.78%), Selenium: 22.51µg (32.16%), Zinc: 4.37mg (29.1%), Copper: 0.56mg (27.84%), Vitamin B1: 0.42mg (27.68%), Potassium: 842.8mg (24.08%), Magnesium: 95.44mg (23.86%), Vitamin C: 18.25mg (22.12%), Vitamin B3: 4.22mg (21.09%), Vitamin B6: 0.36mg (18.24%), Folate: 61.89µg (15.47%), Vitamin B12: 0.76µg (12.73%), Iron: 2.2mg (12.24%), Vitamin A: 601.88IU (12.04%), Vitamin B5: 1.18mg (11.85%), Manganese: 0.2mg (10.16%), Fiber: 1.99g (7.95%), Vitamin E: 0.77mg (5.12%), Vitamin D: 0.68µg (4.5%), Vitamin K: 2.7µg (2.57%)