

Shrimp and Gravy

READY IN



40 min.

SERVINGS



4

CALORIES



345 kcal

SAUCE

Ingredients

- ☐ 0.8 cup bacon raw chopped
- ☐ 1 cube beef bouillon from cube
- ☐ 0.5 cup evaporated milk
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon garlic salt
- ☐ 1 small onion chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound shrimp deveined peeled

☐ 0.5 cup water

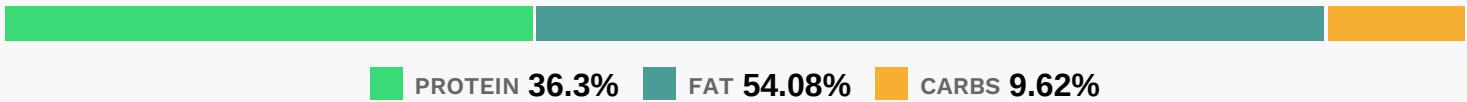
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place the bacon in a large skillet over medium-high heat. Cook and stir until crisp.
- ☐ Remove bacon and set aside, leaving the grease in the skillet. Reduce the heat to medium and add the onions to the pan. Cook and stir until transparent.
- ☐ In a small bowl or cup, stir together the flour and water.
- ☐ Mix in the evaporated milk.
- ☐ Pour into the pan with the onions; cook, stirring constantly, until gravy has thickened. Stir in the bouillon cube, garlic salt, chives, salt and pepper. Return the bacon to the skillet, and add the shrimp. Cook for 5 to 10 minutes, until shrimp are pink and opaque.
- ☐ Serve over grits, biscuits or rice.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:2.44, Inflammation Score:-2, Nutrition Score:9.3026087128598%

Flavonoids

Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 344.84kcal (17.24%), Fat: 20.63g (31.74%), Saturated Fat: 7.47g (46.71%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 7.84g (2.85%), Sugar: 3.93g (4.37%), Cholesterol: 220.98mg (73.66%), Sodium: 2405.89mg (104.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.15g (62.3%), Phosphorus: 380.19mg (38.02%), Copper: 0.49mg (24.33%), Calcium: 164.43mg (16.44%), Selenium: 11.02µg (15.74%), Zinc: 2.35mg (15.69%), Potassium: 515.37mg (14.72%), Magnesium: 55.83mg (13.96%), Vitamin B1: 0.18mg (11.69%), Vitamin B3: 2.1mg

(10.5%), Vitamin B2: 0.16mg (9.4%), Vitamin B6: 0.16mg (7.88%), Iron: 1.07mg (5.96%), Manganese: 0.1mg (5.01%),
Vitamin B5: 0.49mg (4.88%), Vitamin B12: 0.27µg (4.55%), Folate: 13.52µg (3.38%), Vitamin C: 2.33mg (2.82%),
Vitamin A: 124.7IU (2.49%), Vitamin K: 1.87µg (1.78%), Fiber: 0.42g (1.67%), Vitamin E: 0.25mg (1.66%), Vitamin D:
0.21µg (1.39%)