



Shrimp and Grits

 Gluten Free

READY IN



52 min.

SERVINGS



12

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 strips bacon
- ☐ 2 and/or orange bell peppers red seeded sliced
- ☐ 0.3 cup parmesan grated
- ☐ 1 teaspoon cayenne pepper sauce hot
- ☐ 12 servings salt and pepper
- ☐ 4 scallions thinly sliced
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 cup milk whole

☐ 1 cup whole-grain cornmeal yellow

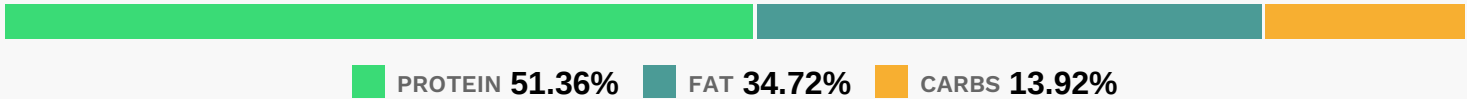
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Make grits: In a large pan, bring milk, 3 cups water and 1/4 teaspoon salt to a boil.
- ☐ Add cornmeal in a steady stream, whisking, until no lumps are visible. Cover, reduce heat to low and simmer, stirring and scraping pan every 10 minutes, until tender, 35 minutes. Uncover; cook 5 minutes longer, stirring.
- ☐ While grits cook, fry bacon in a large skillet over medium heat, turning, until crisp, 5 to 6 minutes.
- ☐ Drain on paper towels.
- ☐ Let cool; crumble.
- ☐ Add bell peppers, white parts of scallions, 1/8 teaspoon salt and 1/4 teaspoon pepper to skillet with bacon fat. Saut until bell peppers are crisp-tender, 7 minutes. Stir in shrimp, pepper sauce and 1/2 cup water. Saut until shrimp turn almost opaque, 3 minutes.
- ☐ Remove from heat.
- ☐ Remove grits from heat; stir in cheese. Divide among 4 bowls; top with shrimp mixture.
- ☐ Garnish with bacon and scallion greens.

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:5.8247825943905%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 74.75kcal (3.74%), Fat: 2.93g (4.51%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.08g (0.76%), Sugar: 1.94g (2.15%), Cholesterol: 67.13mg (22.38%), Sodium: 305.63mg (13.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.52%), Vitamin C: 26.27mg (31.84%), Vitamin A: 780.78IU (15.62%), Phosphorus: 128.29mg (12.83%), Vitamin K: 9.48µg (9.03%), Copper: 0.16mg (7.88%), Calcium: 78.69mg (7.87%), Potassium: 195.75mg (5.59%), Magnesium: 20.46mg (5.12%), Zinc: 0.76mg (5.07%), Vitamin B6: 0.09mg (4.41%), Vitamin B2: 0.06mg (3.5%), Folate: 12.01µg (3%), Vitamin E: 0.42mg (2.77%), Vitamin B12: 0.15µg (2.55%), Vitamin B1: 0.04mg (2.39%), Selenium: 1.65µg (2.36%), Manganese: 0.05mg (2.33%), Fiber: 0.57g (2.26%), Iron: 0.39mg (2.15%), Vitamin B3: 0.4mg (2.02%), Vitamin B5: 0.17mg (1.72%), Vitamin D: 0.25µg (1.66%)