

Shrimp and Grits

 Gluten Free

READY IN



42 min.

SERVINGS



6

CALORIES



798 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound butter with 1 tablespoon hot sauce
- 3 cups chicken stock see
- 2 tablespoons grapeseed oil
- 0.3 cup green onions chopped
- 2.5 cups grits raw yellow instant
- 2 cups havarti cheese shredded
- 2 cups heavy cream
- 1 teaspoon salt

- 1 teaspoon seafood seasoning (recommended: Old Bay)
- 1 pound bay shrimp deveined peeled
- 1 cup tomatoes diced
- 1 teaspoon pepper white

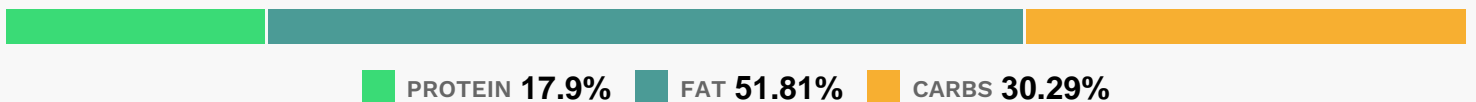
Equipment

- frying pan
- pot
- stove

Directions

- In a sauce pot over high heat, bring the chicken stock to a simmer, then add the cream, grits, and seafood seasoning. Reduce the heat to medium-low and continue to cook until the mixture has thickened and all the liquid has been absorbed, 15 to 20 minutes. Reduce the heat to low, add the cheese, and stir thoroughly to blend, 4 to 5 minutes.
- Remove the grits from the heat and keep warm.
- In a saute pan over medium heat, add the grapeseed oil and shrimp, and cook, stirring, until the shrimp are faint pink in color, 4 to 5 minutes.
- Add the tomatoes, salt, white pepper, and green onions and cook for an additional 2 minutes. Turn the heat off and add the flavored butter. Allow the butter to melt and coat the shrimp, then remove the pan from the stove.
- Divide the grits among the plates and spoon the shrimp-tomato mixture over the top and serve.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.32, Inflammation Score:-8, Nutrition Score:18.15347824926%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 798.04kcal (39.9%), Fat: 46.17g (71.02%), Saturated Fat: 25.8g (161.28%), Carbohydrates: 60.73g (20.24%), Net Carbohydrates: 59.1g (21.49%), Sugar: 5.63g (6.25%), Cholesterol: 248.11mg (82.7%), Sodium: 1457.13mg (63.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.88g (71.76%), Phosphorus: 498.02mg (49.8%), Vitamin A: 1895.39IU (37.91%), Calcium: 345.72mg (34.57%), Selenium: 19.33µg (27.62%), Vitamin B2: 0.43mg (25.06%), Copper: 0.48mg (23.99%), Vitamin C: 19.34mg (23.44%), Zinc: 3.24mg (21.59%), Potassium: 615.45mg (17.58%), Magnesium: 70.06mg (17.52%), Vitamin E: 2.55mg (17.01%), Vitamin K: 16.7µg (15.9%), Vitamin B3: 2.99mg (14.96%), Vitamin B6: 0.29mg (14.36%), Vitamin B1: 0.18mg (12.03%), Vitamin B12: 0.65µg (10.78%), Folate: 43.04µg (10.76%), Iron: 1.82mg (10.13%), Manganese: 0.2mg (9.96%), Vitamin D: 1.37µg (9.13%), Vitamin B5: 0.69mg (6.92%), Fiber: 1.63g (6.51%)