



Shrimp and Grits

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon chopped
- 3 tablespoons butter
- 1 large clove garlic minced
- 4 teaspoons juice of lemon
- 2 tablespoons parsley chopped
- 4 servings salt and pepper to taste
- 1 cup scallions thinly sliced
- 2 cups sharp cheddar cheese shredded

- 1 pound shrimp deveined peeled
- 1 cup grits stone-ground
- 4 cups water

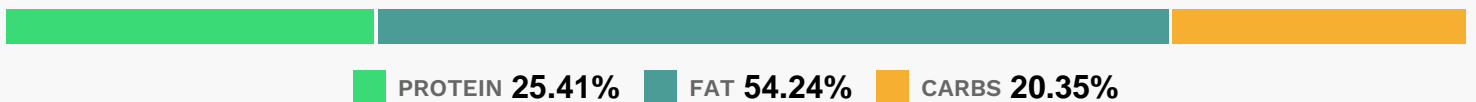
Equipment

- bowl
- frying pan

Directions

- Bring water to a boil.
- Add salt and pepper.
- Add grits and cook until water is absorbed, about 20 to 25 minutes.
- Remove from heat and stir in butter and cheese.
- Rinse shrimp and pat dry. Fry the bacon in a large skillet until browned; drain well. In grease, add shrimp. Cook until shrimp turn pink.
- Add lemon juice, chopped bacon, parsley, scallions and garlic.
- Saute for 3 minutes.
- Spoon grits into a serving bowl.
- Add shrimp mixture and mix well.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:0.84, Inflammation Score:-7, Nutrition Score:20.739130217096%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 695.43kcal (34.77%), Fat: 41.95g (64.54%), Saturated Fat: 20.82g (130.13%), Carbohydrates: 35.41g (11.8%), Net Carbohydrates: 34.04g (12.38%), Sugar: 1.18g (1.31%), Cholesterol: 283.43mg (94.48%), Sodium: 1001.74mg (43.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.23g (88.45%), Vitamin K: 86.77µg (82.64%), Phosphorus: 591.91mg (59.19%), Calcium: 506.61mg (50.66%), Selenium: 29.62µg (42.32%), Zinc: 4.31mg (28.71%), Copper: 0.57mg (28.5%), Vitamin A: 1342.29IU (26.85%), Magnesium: 78.5mg (19.63%), Vitamin B2: 0.32mg (18.74%), Potassium: 552.44mg (15.78%), Vitamin B12: 0.78µg (13.03%), Vitamin B1: 0.18mg (11.79%), Vitamin C: 9.53mg (11.55%), Vitamin B6: 0.21mg (10.65%), Vitamin B3: 2mg (9.98%), Iron: 1.72mg (9.55%), Folate: 34.19µg (8.55%), Manganese: 0.14mg (7.24%), Vitamin B5: 0.65mg (6.55%), Vitamin E: 0.97mg (6.47%), Fiber: 1.37g (5.48%), Vitamin D: 0.47µg (3.14%)