

## Shrimp and Grits

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 strips bacon coarsely chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 cup cook grits quick
- ☐ 2 teaspoons hot sauce
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup mayonnaise

- ☐ 0.5 onion diced red
- ☐ 4 servings salt
- ☐ 1 pound shrimp shelled

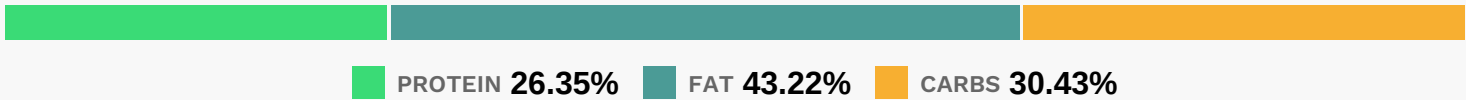
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

## Directions

- ☐ Watch how to make this recipe.
- ☐ In a large pot, bring 5 cups water to a boil.
- ☐ Add a large pinch of salt and stir in the grits. Simmer until the grits are fully cooked, about 5 minutes.
- ☐ Remove from the heat and stir in the mayonnaise. (Reserve 1 cups grits for another use, such as Round 2 Recipe Silver Dollar Corn Fritters.)
- ☐ In a saucepan over medium heat, cook the bacon until crispy, about 5 minutes. Turn the heat to medium-high, add the onions and cook until they begin to soften, about 3 minutes.
- ☐ Add the shrimp, sprinkle with salt and pepper and cook until shrimp turn pink, 3 to 4 minutes. Stir in the butter, lemon juice and hot sauce. Toss to coat the shrimp, and remove from the heat. Stir in the parsley.
- ☐ Divide the grits among 4 bowls and serve the shrimp spooned over top of each.

## Nutrition Facts



## Properties

Glycemic Index:47.75, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:11.88391315937%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 438.32kcal (21.92%), Fat: 20.97g (32.26%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 33.22g (11.07%), Net Carbohydrates: 32.19g (11.71%), Sugar: 1.07g (1.19%), Cholesterol: 206.87mg (68.96%), Sodium: 605.33mg (26.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.77g (57.54%), Vitamin K: 84.95µg (80.9%), Phosphorus: 305.52mg (30.55%), Copper: 0.5mg (24.79%), Selenium: 10.39µg (14.84%), Magnesium: 56.16mg (14.04%), Zinc: 1.97mg (13.12%), Potassium: 438.07mg (12.52%), Vitamin C: 8.95mg (10.85%), Vitamin A: 506.32IU (10.13%), Calcium: 85.43mg (8.54%), Iron: 1.36mg (7.57%), Vitamin B1: 0.11mg (7.27%), Vitamin B6: 0.13mg (6.37%), Vitamin B3: 1.21mg (6.04%), Manganese: 0.12mg (6%), Vitamin E: 0.65mg (4.34%), Fiber: 1.02g (4.1%), Vitamin B5: 0.35mg (3.49%), Folate: 11.95µg (2.99%), Vitamin B2: 0.04mg (2.5%), Vitamin B12: 0.11µg (1.75%)