

Shrimp and Grits

READY IN



41 min.

SERVINGS



6

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon
- ☐ 2 teaspoons canola oil
- ☐ 6 servings cheese
- ☐ 1 cup fat-skimmed beef broth fat-free low-sodium,
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup mushrooms fresh sliced
- ☐ 2 garlic clove minced
- ☐ 0.5 cup spring onion chopped
- ☐ 0.3 teaspoon hot sauce

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound shrimp raw unpeeled
- ☐ 0.1 teaspoon salt

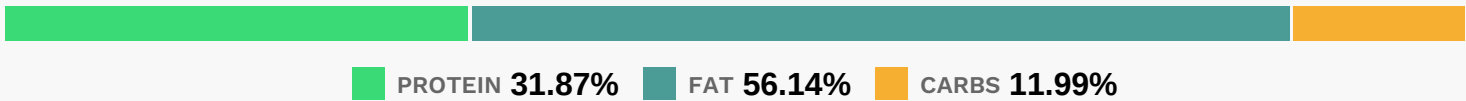
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a large nonstick skillet over medium heat 10 minutes or until crisp; remove bacon, and drain on paper towels, reserving 1 tsp. drippings in skillet. Crumble bacon.
- ☐ Peel shrimp; devein, if desired.
- ☐ Sprinkle shrimp with salt and pepper; dredge in flour.
- ☐ Saut mushrooms in hot drippings with oil in skillet 5 minutes or until tender.
- ☐ Add green onions, and saut 2 minutes.
- ☐ Add shrimp and garlic, and saut 2 minutes or until shrimp are lightly browned. Stir in chicken broth, lemon juice, and hot sauce, and cook 2 more minutes, stirring to loosen particles from bottom of skillet. Spoon shrimp mixture over hot Cheese Grits; sprinkle with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:3.42, Inflammation Score:-5, Nutrition Score:12.969130433124%

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 Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 247.92kcal (12.4%), Fat: 15.41g (23.71%), Saturated Fat: 6.94g (43.39%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 6.83g (2.48%), Sugar: 0.82g (0.91%), Cholesterol: 130.09mg (43.36%), Sodium: 882.7mg (38.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.68g (39.37%), Selenium: 36.63µg (52.33%), Phosphorus: 361.13mg (36.11%), Calcium: 264.59mg (26.46%), Vitamin B12: 1.28µg (21.26%), Vitamin K: 19.32µg (18.4%), Vitamin B2: 0.26mg (15.08%), Vitamin B3: 2.81mg (14.04%), Zinc: 2.1mg (13.97%), Copper: 0.23mg (11.4%), Vitamin A: 523.59IU (10.47%), Vitamin E: 1.55mg (10.32%), Vitamin B6: 0.21mg (10.32%), Folate: 39.68µg (9.92%), Magnesium: 30.94mg (7.74%), Vitamin B5: 0.73mg (7.27%), Vitamin B1: 0.11mg (7.23%), Potassium: 224.37mg (6.41%), Manganese: 0.11mg (5.72%), Vitamin C: 4.27mg (5.18%), Iron: 0.77mg (4.25%), Fiber: 0.57g (2.3%), Vitamin D: 0.32µg (2.11%)