



Shrimp and Grits

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black divided freshly ground
- 1 tablespoon butter
- 0.5 teaspoon pepper red crushed
- 1 tablespoon flour all-purpose
- 1 tablespoon garlic minced
- 0.3 cup spring onion chopped
- 0.3 cup half and half
- 0.6 teaspoon kosher salt divided
- 0.8 cup beef broth fat-free

- 8 ounce mushrooms
- 0.5 cup parmesan cheese grated
- 0.8 cup quick-cooking grits uncooked
- 1 pound shrimp deveined peeled
- 2 slices bacon chopped
- 3 cups water
- 1 cup onion white chopped

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Bring 3 cups water and butter to a boil in a small saucepan.
- Whisk in grits; cover and cook 5 minutes, stirring frequently.
- Remove from heat. Stir in cheese, 1/4 teaspoon salt, and 1/2 teaspoon black pepper; cover. Keep warm.
- Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- Add white onion, garlic, and mushrooms to pan; cook 8 minutes or until mushrooms begin to brown and give off liquid, stirring frequently.
- Add shrimp and red pepper; cook 3 minutes.
- Combine half-and-half and flour in a small bowl, stirring with a whisk until smooth.
- Add broth, flour mixture, remaining 3/8 teaspoon salt, and remaining 1/4 teaspoon black pepper to pan; bring to a boil. Cook 2 minutes or until slightly thickened. Top with green onions.
- Serve shrimp mixture with grits.

Nutrition Facts



■ PROTEIN 34.91% ■ FAT 31.48% ■ CARBS 33.61%

Properties

Glycemic Index:46.33, Glycemic Load:1.75, Inflammation Score:-5, Nutrition Score:10.958695712297%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 254.33kcal (12.72%), Fat: 9.15g (14.08%), Saturated Fat: 4.34g (27.14%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 19.93g (7.25%), Sugar: 2.65g (2.94%), Cholesterol: 142.35mg (47.45%), Sodium: 615.9mg (26.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.83g (45.65%), Phosphorus: 312.61mg (31.26%), Copper: 0.49mg (24.42%), Vitamin B2: 0.29mg (17.02%), Calcium: 153.73mg (15.37%), Potassium: 518.09mg (14.8%), Vitamin B3: 2.73mg (13.67%), Zinc: 1.98mg (13.22%), Selenium: 9.08µg (12.97%), Vitamin B1: 0.19mg (12.8%), Magnesium: 50.03mg (12.51%), Vitamin K: 12.65µg (12.05%), Folate: 46.83µg (11.71%), Manganese: 0.2mg (10.04%), Vitamin B6: 0.18mg (8.87%), Iron: 1.58mg (8.78%), Fiber: 2.05g (8.19%), Vitamin B5: 0.78mg (7.78%), Vitamin A: 275.63IU (5.51%), Vitamin C: 4.32mg (5.24%), Vitamin B12: 0.19µg (3.12%), Vitamin E: 0.26mg (1.74%)