



Shrimp and Grits

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup mirin dry
- ☐ 6 servings gouda cheese smoked
- ☐ 6 servings pepper white to taste
- ☐ 1 pound shrimp raw peeled ()

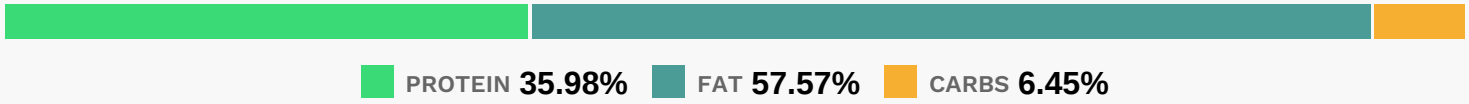
Equipment

- ☐ frying pan

Directions

- ☐ Soak shrimp in vermouth 10 minutes; drain. Saut shrimp in melted butter in a skillet 2 to 3 minutes or until done. Season with salt and ground white pepper to taste.
- ☐ Serve over Smoked Gouda Cheese Grits.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:9.3082608658334%

Nutrients (% of daily need)

Calories: 210.52kcal (10.53%), Fat: 12.81g (19.71%), Saturated Fat: 7.78g (48.61%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 2.7g (0.98%), Sugar: 0.67g (0.74%), Cholesterol: 139.49mg (46.5%), Sodium: 703.7mg (30.6%), Alcohol: 1.27g (100%), Alcohol %: 1.28% (100%), Protein: 18.02g (36.03%), Selenium: 26.84µg (38.34%), Phosphorus: 352.9mg (35.29%), Calcium: 257.24mg (25.72%), Vitamin B12: 1.31µg (21.82%), Zinc: 1.93mg (12.87%), Vitamin A: 421.6IU (8.43%), Copper: 0.17mg (8.33%), Vitamin E: 1.18mg (7.85%), Vitamin B6: 0.15mg (7.39%), Vitamin B3: 1.37mg (6.85%), Magnesium: 27.23mg (6.81%), Vitamin B2: 0.12mg (6.8%), Manganese: 0.11mg (5.56%), Folate: 21µg (5.25%), Potassium: 124.31mg (3.55%), Vitamin B5: 0.34mg (3.41%), Iron: 0.52mg (2.88%), Fiber: 0.52g (2.1%), Vitamin B1: 0.02mg (1.65%), Vitamin D: 0.23µg (1.5%), Vitamin K: 1.24µg (1.18%)