



Shrimp and Grits

READY IN



30 min.

SERVINGS



6

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups firmly baby spinach fresh packed
- ☐ 1.3 cups chicken broth fat-free low-sodium
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup green onions chopped
- ☐ 0.3 teaspoon hot sauce
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese freshly grated

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 cup quick-cooking grits uncooked
- ☐ 1 pound shrimp raw unpeeled ()
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Prepare Parmesan Grits: Bring 1/2 tsp. salt and 4 cups water to a boil in a medium saucepan; gradually whisk in grits. Cook over medium heat, stirring occasionally, 8 minutes or until thickened.
- ☐ Whisk in cheese and pepper. Keep warm.
- ☐ Prepare Creamy Shrimp Sauce: Peel shrimp; devein, if desired.
- ☐ Sprinkle shrimp with pepper and 1/8 tsp. salt. Cook in a large nonstick skillet coated with cooking spray over medium-high heat 1 to 2 minutes on each side or just until shrimp turn pink.
- ☐ Remove from skillet. Reduce heat to medium.
- ☐ Add oil; heat 30 seconds.
- ☐ Whisk in flour; cook 30 seconds to 1 minute.
- ☐ Whisk in broth and next 5 ingredients; cook 2 to 3 minutes or until thickened. Stir in shrimp and spinach; cook 1 minute or until spinach is slightly wilted.
- ☐ Serve immediately over grits.

Nutrition Facts



 PROTEIN **29.76%**  FAT **25.17%**  CARBS **45.07%**

Properties

Glycemic Index:38.83, Glycemic Load:0.99, Inflammation Score:-8, Nutrition Score:15.091739063678%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 209.07kcal (10.45%), Fat: 5.93g (9.13%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 22.16g (8.06%), Sugar: 0.64g (0.71%), Cholesterol: 102.5mg (34.17%), Sodium: 1120.73mg (48.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.78g (31.56%), Vitamin K: 67.76µg (64.53%), Selenium: 27.07µg (38.67%), Phosphorus: 294.92mg (29.49%), Vitamin A: 1230.82IU (24.62%), Folate: 80.93µg (20.23%), Vitamin B12: 1.05µg (17.44%), Vitamin B3: 3mg (15.02%), Calcium: 136.77mg (13.68%), Vitamin B1: 0.19mg (12.59%), Manganese: 0.25mg (12.49%), Vitamin B6: 0.24mg (12.07%), Vitamin E: 1.63mg (10.89%), Magnesium: 42.79mg (10.7%), Copper: 0.21mg (10.29%), Vitamin B2: 0.17mg (9.72%), Zinc: 1.44mg (9.61%), Iron: 1.64mg (9.13%), Vitamin C: 5.78mg (7.01%), Fiber: 1.75g (6.99%), Potassium: 241.34mg (6.9%), Vitamin B5: 0.43mg (4.26%)