



Shrimp-and-Grits Biscuits

READY IN



45 min.

SERVINGS



48

CALORIES



61 kcal

Ingredients

- ☐ 3 cups baking mix all-purpose
- ☐ 1 tablespoon butter
- ☐ 1.3 cups chicken broth
- ☐ 3 ounce cream cheese
- ☐ 1 spring onion chopped
- ☐ 48 servings barbecue sauce sliced
- ☐ 0.5 teaspoon hot sauce
- ☐ 2 teaspoons juice of lemon
- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon old bay seasoning

- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup quick-cooking grits uncooked
- ☐ 0.1 teaspoon salt
- ☐ 1.5 pounds shrimp deveined cooked peeled

Equipment




- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Bring chicken broth and salt to a boil in a saucepan over medium-high heat; add grits, and cook, stirring often, 5 minutes or until thickened.
- ☐ Add butter and pepper, stirring until butter melts.
- ☐ Remove from heat, and let cool 15 to 20 minutes.
- ☐ Whisk milk into cooled grits; stir in baking mix until a soft dough forms. Turn dough out onto a lightly floured surface. Pat dough to a 1/2-inch thickness, and cut with a 2-inch round cutter.
- ☐ Place biscuits on lightly greased baking sheets.
- ☐ Bake at 425 for 10 minutes or until biscuits are lightly browned.
- ☐ Cut 24 shrimp in half lengthwise, and set aside.
- ☐ Process cream cheese, next 4 ingredients, and remaining shrimp in a food processor until mixture is smooth, stopping to scrape down sides.
- ☐ Split biscuits in half, and spread cut sides evenly with the shrimp pure, and top with remaining shrimp.
- ☐ Garnish, if desired.

Nutrition Facts



 PROTEIN **25.24%**  FAT **33.09%**  CARBS **41.67%**

Properties

Glycemic Index:3.73, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.8873912931784%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 60.61kcal (3.03%), Fat: 2.23g (3.43%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 6.1g (2.22%), Sugar: 1.51g (1.67%), Cholesterol: 25.98mg (8.66%), Sodium: 163.2mg (7.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Phosphorus: 82.35mg (8.24%), Vitamin B1: 0.05mg (3.57%), Copper: 0.07mg (3.53%), Calcium: 30.04mg (3%), Vitamin B2: 0.05mg (2.96%), Folate: 11.38µg (2.84%), Vitamin B3: 0.42mg (2.09%), Magnesium: 8.28mg (2.07%), Manganese: 0.04mg (1.98%), Iron: 0.34mg (1.9%), Zinc: 0.28mg (1.85%), Potassium: 63.95mg (1.83%), Vitamin K: 1.27µg (1.21%), Selenium: 0.83µg (1.19%)