



## Shrimp and Grits Bites

 Gluten Free

READY IN



120 min.

SERVINGS



30

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 slices bacon
- ☐ 3.5 cups chicken broth (from 32-oz carton)
- ☐ 1.3 cups quick-cooking grits uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1 cup parmesan cheese grated
- ☐ 0.8 lb shrimp deveined uncooked peeled chopped
- ☐ 1 tablespoon garlic finely chopped
- ☐ 14.5 oz tomatoes diced with basil, garlic and oregano, drained canned

☐ 0.3 cup spring onion  chopped

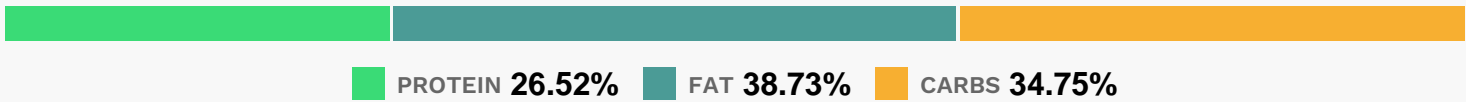
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ spatula
- ☐ cutting board

## Directions

- ☐ In 10-inch skillet, cook bacon until crisp; drain on paper towels. Crumble; set aside. Reserve drippings. Spray 13x9-inch pan with cooking spray. In 2-quart saucepan, heat broth to boiling over high heat. Gradually stir in grits and salt. Reduce heat to low. Cover; simmer 5 to 7 minutes, stirring often, until grits are thickened. Stir in cheese and bacon. Spoon into pan. Cover; refrigerate 1 hour or until firm.
- ☐ Heat oven to 450°F. Run spatula around edge of pan and under grits to loosen edges; turn upside down onto large cutting board. Using 1 3/4-inch round cutter, cut grits into 30 rounds.
- ☐ Place in single layer on large cookie sheet.
- ☐ Bake 20 minutes; turn cakes over.
- ☐ Bake 10 to 12 minutes longer or until crisp and browned.
- ☐ Meanwhile, add shrimp and garlic to bacon drippings in skillet. Cook over medium heat 3 to 4 minutes, stirring frequently, until shrimp are pink. Stir in tomatoes. Reduce heat; simmer 1 minute.
- ☐ Remove from heat; cover to keep warm.
- ☐ Top each grits cake with 1 heaping teaspoon shrimp mixture; sprinkle with onions.

## Nutrition Facts



## Properties

Glycemic Index:2.07, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.50999999949984%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 69.72kcal (3.49%), Fat: 3.06g (4.71%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 5.71g (2.08%), Sugar: 0.53g (0.59%), Cholesterol: 24.87mg (8.29%), Sodium: 244.59mg (10.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Phosphorus: 66.97mg (6.7%), Calcium: 43.65mg (4.36%), Vitamin B1: 0.06mg (4.19%), Vitamin B2: 0.06mg (3.55%), Copper: 0.07mg (3.48%), Vitamin B3: 0.66mg (3.28%), Selenium: 2.3µg (3.28%), Zinc: 0.45mg (3.03%), Folate: 11.33µg (2.83%), Magnesium: 10.75mg (2.69%), Iron: 0.48mg (2.67%), Vitamin B6: 0.05mg (2.56%), Potassium: 88.65mg (2.53%), Manganese: 0.05mg (2.48%), Vitamin K: 2.18µg (2.08%), Vitamin C: 1.51mg (1.84%), Fiber: 0.46g (1.84%), Vitamin B12: 0.07µg (1.24%), Vitamin A: 55.52IU (1.11%)