



Shrimp and Grits Cakes

READY IN



45 min.

SERVINGS



8

CALORIES



314 kcal

Ingredients

- 0.3 cup parsley fresh chopped
- 2 cups grits
- 1 juice of lemon
- 0.5 cup parmesan grated
- 8 servings hot sauce such as tabasco hot
- 0.3 cup bell pepper diced red
- 0.8 cup spring onion chopped
- 1 pound shrimp shelled deveined
- 0.3 cup wine dry white
- 3 slices bacon thick-cut cut in 1/2-inch dice

- 2 tablespoons flour all-purpose
- 1 tablespoons butter unsalted
- 6 cups vegetable stock low-sodium divided (amount may vary, depending on grits package directions)

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- cookie cutter

Directions

- Cook grits as directed on package, using about 6 cups stock instead of water. Line a baking sheet with parchment paper; coat paper with cooking spray. Stir Parmesan and butter into grits; season with salt and black pepper.
- Pour grits onto sheet; smooth into an even layer. Cover and refrigerate until very firm, at least 2 1/2 hours or overnight. Use a 2-inch biscuit or round cookie cutter to cut out 16 cakes; cover cakes and refrigerate. A half hour before serving, heat oven to 300°. In a bowl, toss shrimp with juice and a few shakes of hot pepper sauce. In a large skillet, sauté bacon and bell pepper over medium heat until bacon is light brown but not crisp, about 5 minutes.
- Remove all but 2 teaspoons bacon fat from pan. Reduce heat to medium-low; add scallions and toss to coat.
- Sprinkle in flour; sauté, stirring frequently with a wooden spatula, until light brown, 2 to 5 minutes.
- Add remaining 2/3 cup stock and wine; cook, stirring, until sauce thickens. Season with salt, black pepper and more hot pepper sauce.
- Add shrimp and any liquid; sauté until just opaque, 2 to 5 minutes, being careful not to overcook. Just prior to serving, transfer grits cake to a baking sheet; bake until warm through, about 6 minutes. Spoon a bit of sauce and 1 shrimp over each cake; garnish with parsley. Do AHEAD: The grits-cake base of these nibbles needs to firm up in the fridge for at

least 2 1/2 hours—and more time is fine. Prep it the night before your party.

Self

Nutrition Facts

PROTEIN 25.11% **FAT 27.03%** **CARBS 47.86%**

Properties

Glycemic Index:32.25, Glycemic Load:2.38, Inflammation Score:-7, Nutrition Score:10.65043478945%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 314.36kcal (15.72%), Fat: 9.23g (14.2%), Saturated Fat: 3.85g (24.07%), Carbohydrates: 36.78g (12.26%), Net Carbohydrates: 35.64g (12.96%), Sugar: 2.47g (2.75%), Cholesterol: 108.21mg (36.07%), Sodium: 968.79mg (42.12%), Alcohol: 0.77g (100%), Alcohol %: 0.3% (100%), Protein: 19.3g (38.6%), Vitamin K: 61.09µg (58.18%), Phosphorus: 223.26mg (22.33%), Vitamin A: 1055.25IU (21.11%), Vitamin C: 14.56mg (17.65%), Selenium: 11.48µg (16.4%), Copper: 0.28mg (13.75%), Calcium: 123.99mg (12.4%), Magnesium: 40.04mg (10.01%), Zinc: 1.36mg (9.04%), Potassium: 300.18mg (8.58%), Vitamin B1: 0.12mg (7.81%), Iron: 1.22mg (6.79%), Vitamin B6: 0.13mg (6.57%), Vitamin B3: 1.29mg (6.47%), Manganese: 0.11mg (5.54%), Folate: 19.36µg (4.84%), Fiber: 1.14g (4.57%), Vitamin B2: 0.07mg (4.36%), Vitamin B5: 0.35mg (3.48%), Vitamin B12: 0.15µg (2.42%), Vitamin E: 0.29mg (1.92%)