



Shrimp and Grits Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



127 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 3 large egg whites
- 4 cups less-sodium chicken broth fat-free
- 3 garlic cloves minced
- 0.5 cup green onions sliced
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon lemon rind grated

- 3 ounces cheddar cheese shredded divided reduced-fat
- 8 ounce pre mushrooms
- 1 tablespoon olive oil
- 0.5 teaspoon pepper sauce hot (such as Tabasco)
- 0.5 cup bell pepper diced red
- 0.5 teaspoon salt
- 1 pound shrimp deveined peeled cut into 3 pieces
- 1 cup grits yellow stone-ground uncooked
- 0.5 teaspoon worcestershire sauce

Equipment

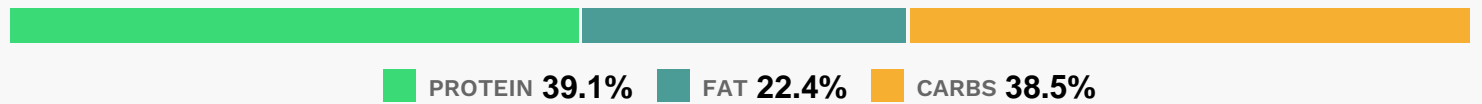
- bowl
- frying pan
- sauce pan
- oven
- whisk
- blender
- baking pan

Directions

- Bring chicken broth and salt to a boil in a large saucepan; add grits, stirring with a whisk. Cover, reduce heat, and simmer 30 minutes or until liquid is absorbed, stirring occasionally.
- Remove from heat.
- Add 1/2 cup cheddar cheese, stirring until cheese melts.
- Preheat oven to 37
- Heat oil and butter in a large nonstick skillet over medium-high heat.
- Add onions, bell pepper, garlic, and mushrooms to pan; saut 5 minutes.
- Sprinkle shrimp with black pepper, and add to pan; cook 1 minute. Stir in rind, juice, Worcestershire, and hot pepper sauce; cook 2 minutes.

- Remove from heat; cool slightly.
- Place grits and shrimp mixture in a large bowl; stir gently. Beat egg whites with a mixer at high speed until stiff peaks form. Gently fold egg whites into shrimp mixture. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.
- Sprinkle with remaining 1/4 cup cheese.
- Bake at 375 for 25 minutes or until puffed and lightly browned.
- Let stand 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:6.0986956539361%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 127.47kcal (6.37%), Fat: 3.2g (4.92%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 11.7g (4.25%), Sugar: 1.09g (1.22%), Cholesterol: 64.85mg (21.62%), Sodium: 525.75mg (22.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.57g (25.13%), Phosphorus: 155.43mg (15.54%), Vitamin C: 10.11mg (12.25%), Copper: 0.24mg (12.18%), Selenium: 8.46µg (12.09%), Vitamin K: 9.88µg (9.41%), Vitamin B2: 0.16mg (9.39%), Potassium: 250.66mg (7.16%), Vitamin B3: 1.37mg (6.83%), Calcium: 63.83mg (6.38%), Vitamin A: 308.45IU (6.17%), Magnesium: 23.23mg (5.81%), Zinc: 0.85mg (5.66%), Vitamin B5: 0.5mg (4.97%), Vitamin B6: 0.08mg (4.2%), Manganese: 0.08mg (3.84%), Iron: 0.69mg (3.84%), Vitamin B12: 0.2µg (3.38%), Vitamin B1: 0.05mg (3.1%), Folate: 11.61µg (2.9%), Fiber: 0.68g (2.7%), Vitamin E: 0.33mg (2.17%)