



Shrimp and Grits Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



268 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 large egg whites
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon chives fresh chopped
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 cups milk 2% reduced-fat
- ☐ 2 ounces parmesan cheese shredded

- ☐ 1 cup quick-cooking grits uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled coarsely chopped

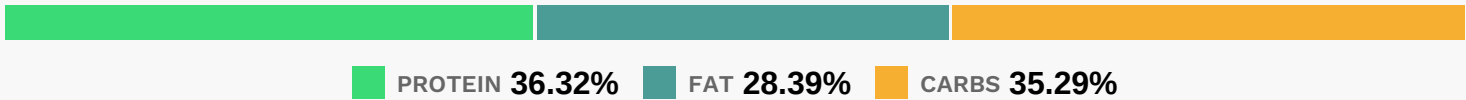
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine milk and broth in a medium heavy saucepan; bring to a boil. Gradually add grits and salt to pan, stirring constantly with a whisk. Cook 5 minutes or until thick, stirring constantly.
- ☐ Remove from heat. Stir in Parmesan, butter, and cream cheese. Stir in parsley and next 4 ingredients (through shrimp). Spoon mixture into an 11 x 7inch baking dish coated with cooking spray.
- ☐ Bake at 375 for 25 minutes or until set.
- ☐ Serve with hot pepper sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:11.464347670908%

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 Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol:
0.08mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.04mg, Quercetin:
0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 267.96kcal (13.4%), Fat: 8.6g (13.23%), Saturated Fat: 5.08g (31.77%), Carbohydrates: 24.05g (8.02%), Net
Carbohydrates: 22.78g (8.28%), Sugar: 4.52g (5.02%), Cholesterol: 144.47mg (48.16%), Sodium: 541.19mg (23.53%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.5%), Phosphorus: 348.22mg (34.82%), Vitamin K:
34.51µg (32.87%), Calcium: 262.11mg (26.21%), Vitamin B2: 0.32mg (18.65%), Copper: 0.34mg (17.13%), Magnesium:
54.31mg (13.58%), Zinc: 1.92mg (12.78%), Vitamin B1: 0.18mg (12.19%), Folate: 47.51µg (11.88%), Potassium: 397.14mg
(11.35%), Vitamin B12: 0.6µg (10.08%), Selenium: 6.97µg (9.96%), Vitamin A: 461.06IU (9.22%), Iron: 1.54mg (8.55%),
Vitamin B3: 1.49mg (7.44%), Vitamin B6: 0.11mg (5.67%), Manganese: 0.1mg (5.1%), Fiber: 1.27g (5.08%), Vitamin C:
4.08mg (4.94%), Vitamin B5: 0.47mg (4.72%), Vitamin E: 0.17mg (1.15%)