



Shrimp And Grits Creole

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cajun spice salt-free
- ☐ 0.7 cup carrots chopped (1 large)
- ☐ 0.5 cup bell pepper green chopped (1 small)
- ☐ 29 ounce 2 (14.5-ounce) cans zesty diced tomatoes with jalapeño peppers (such as del monte) diced with jalapeño peppers (such as del monte), undrained canned
- ☐ 0.5 cup garlic and herb-flavored parmesan cheese freshly grated
- ☐ 1.3 pounds shrimp fresh deveined peeled
- ☐ 1 cup grits stone-ground
- ☐ 0.5 cup water

☐ 4 cups water

Equipment

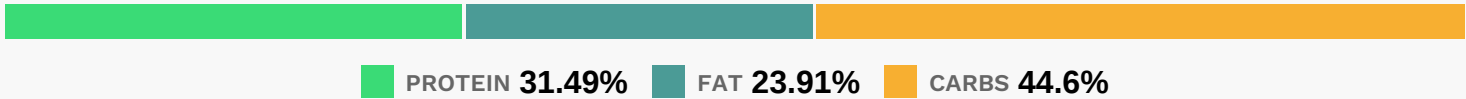
☐ bowl

☐ sauce pan

Directions

- ☐ Cook grits according to package directions, using 4 cups water. Stir in Parmesan cheese; set aside, and keep warm.
- ☐ Coat a large saucepan with cooking spray; place over medium-high heat until hot.
- ☐ Add carrot and green pepper; cook 3 minutes, stirring often.
- ☐ Add tomatoes, 1/2 cup water, and Cajun seasoning. Bring to a boil; cover, reduce heat, and simmer 5 minutes.
- ☐ Add shrimp, and cook 3 minutes or until shrimp turn pink. Spoon 2/3 cup grits into each of 6 individual serving bowls; spoon about 1/2 cup shrimp mixture over grits.

Nutrition Facts



Properties

Glycemic Index:17.31, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:20.877391379812%

Flavonoids

Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg

Nutrients (% of daily need)

Calories: 292.22kcal (14.61%), Fat: 7.99g (12.3%), Saturated Fat: 3.97g (24.83%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 28.44g (10.34%), Sugar: 6.85g (7.61%), Cholesterol: 172.61mg (57.54%), Sodium: 238.69mg (10.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.68g (47.36%), Vitamin C: 173.34mg (210.11%), Vitamin A: 4283.01IU (85.66%), Vitamin E: 5.24mg (34.93%), Vitamin B6: 0.67mg (33.7%), Vitamin K: 28.76µg (27.39%), Phosphorus: 266.39mg (26.64%), Copper: 0.5mg (24.99%), Fiber: 5.09g (20.38%), Potassium: 707.35mg (20.21%), Magnesium: 66.56mg (16.64%), Manganese: 0.24mg (11.89%), Vitamin B3: 2.33mg (11.66%), Zinc: 1.66mg

(11.08%), Folate: 42.57µg (10.64%), Calcium: 90.23mg (9.02%), Vitamin B2: 0.13mg (7.43%), Iron: 1.32mg (7.33%), Selenium: 5.02µg (7.18%), Vitamin B1: 0.11mg (7.15%), Vitamin B5: 0.63mg (6.26%)