



## Shrimp and Grits Dressing

READY IN



110 min.

SERVINGS



8

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup butter
- ☐ 3 cups chicken broth
- ☐ 1 cup breadcrumbs dry fine
- ☐ 3 large eggs lightly beaten
- ☐ 1 cup spring onion chopped
- ☐ 1 cup grits uncooked
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 pound shrimp raw peeled ()

- ☐ 1 bell pepper    diced red
- ☐ 0.5 teaspoon salt

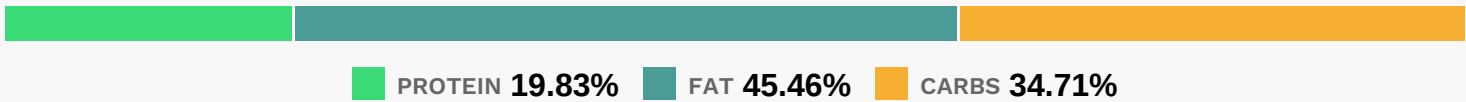
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Preheat oven to 32
- ☐ Devein shrimp, if desired.
- ☐ Bring broth and next 2 ingredients to a boil in a large saucepan over medium-high heat.
- ☐ Whisk in grits, and return to a boil; reduce heat to low, and stir in butter. Cover and simmer, stirring occasionally, 10 minutes or until liquid is absorbed.
- ☐ Remove from heat.
- ☐ Stir together eggs and next 4 ingredients in a large bowl. Gradually stir about one-fourth of hot grits mixture into egg mixture; add egg mixture to remaining hot grits mixture, stirring constantly. Stir in shrimp until blended.
- ☐ Pour grits mixture into a lightly greased 11- x 7-inch baking dish.
- ☐ Bake at 325 for 55 minutes to 1 hour or until mixture is set.
- ☐ Let stand 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:18.25, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:14.439130295878%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 334.13kcal (16.71%), Fat: 16.83g (25.89%), Saturated Fat: 9.13g (57.08%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 27.34g (9.94%), Sugar: 2.35g (2.61%), Cholesterol: 178.89mg (59.63%), Sodium: 1122.06mg (48.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.52g (33.03%), Selenium: 32.03µg (45.76%), Vitamin K: 28.93µg (27.55%), Phosphorus: 267.21mg (26.72%), Vitamin C: 21.44mg (25.99%), Vitamin A: 1271.78IU (25.44%), Vitamin B12: 0.97µg (16.16%), Vitamin B2: 0.26mg (15.18%), Vitamin B1: 0.21mg (14.05%), Calcium: 138.62mg (13.86%), Vitamin B3: 2.57mg (12.86%), Folate: 50.71µg (12.68%), Manganese: 0.25mg (12.53%), Vitamin B6: 0.23mg (11.3%), Vitamin E: 1.67mg (11.17%), Zinc: 1.5mg (10%), Copper: 0.19mg (9.74%), Iron: 1.64mg (9.12%), Magnesium: 33.53mg (8.38%), Vitamin B5: 0.73mg (7.33%), Potassium: 241.06mg (6.89%), Fiber: 1.57g (6.3%), Vitamin D: 0.46µg (3.09%)