



Shrimp and Grits on the Barbie



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon barbeque sauce to taste
- ☐ 3 large cloves garlic crushed
- ☐ 0.8 cup green onion chopped
- ☐ 2 cups quick-cooking grits
- ☐ 1.5 cups sharp cheddar cheese shredded
- ☐ 1.3 pounds shrimp deveined uncooked peeled
- ☐ 8 slices bacon thick-cut
- ☐ 0.3 cup butter unsalted

☐ 6 cups water

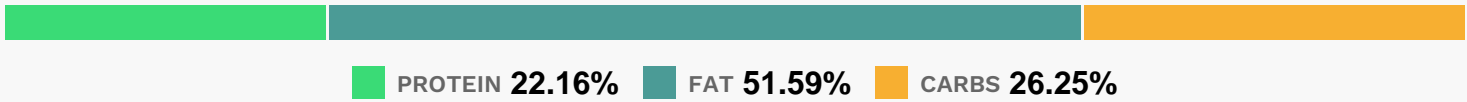
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ grill
- ☐ stove

Directions

- ☐ Place bacon in a large, deep skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain and cool bacon slices on a paper towel-lined plate; crumble. Reserve bacon drippings in skillet.
- ☐ Heat a stovetop grill over medium heat and cook shrimp until pink and no longer translucent in the center, 8 to 10 minutes.
- ☐ Place cooked shrimp, green onion, garlic, and crumbled bacon in the bacon drippings left in the skillet. Turn heat to low and keep shrimp mixture warm.
- ☐ Bring water to a boil in a large saucepan, melt butter in the water, stir in grits, and cook covered for 5 minutes. Turn heat to low. Stir shrimp mixture with bacon drippings into the grits; stir in Cheddar cheese until thoroughly melted and combined.
- ☐ Serve topped with barbeque sauce.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:17.233478286992%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg,

Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 646kcal (32.3%), Fat: 37.53g (57.74%), Saturated Fat: 16.9g (105.59%), Carbohydrates: 42.97g (14.32%), Net Carbohydrates: 40.21g (14.62%), Sugar: 1.87g (2.07%), Cholesterol: 232.41mg (77.47%), Sodium: 661.12mg (28.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.27g (72.54%), Phosphorus: 492.4mg (49.24%), Vitamin B1: 0.44mg (29.19%), Calcium: 286.62mg (28.66%), Vitamin K: 27.29µg (25.99%), Selenium: 18.06µg (25.8%), Copper: 0.51mg (25.48%), Zinc: 3.43mg (22.84%), Folate: 90.29µg (22.57%), Vitamin B3: 4.42mg (22.08%), Vitamin B2: 0.34mg (20.16%), Magnesium: 76.44mg (19.11%), Vitamin B6: 0.31mg (15.45%), Iron: 2.7mg (15.01%), Potassium: 487.85mg (13.94%), Vitamin A: 668.48IU (13.37%), Fiber: 2.75g (11%), Manganese: 0.2mg (9.85%), Vitamin B12: 0.56µg (9.26%), Vitamin B5: 0.57mg (5.7%), Vitamin E: 0.73mg (4.87%), Vitamin C: 2.84mg (3.44%), Vitamin D: 0.5µg (3.36%)