

DINNER

Shrimp and Grits Sweep

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
55 min	35 min	20 min	4	\$2.64	557 kcal



Shrimp and Grits Sweep could be just the gluten free and pescatarian recipe you've been looking for. This main course has 557 calories, 24g of protein, and 34g of fat per serving. This recipe serves 4. For \$2.64 per serving, this recipe covers 17% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1½ cups grated Cheddar
- ☐ 2 tablespoons heavy cream
- ☐ 4 cups low-sodium chicken broth
- ☐ 1 cup quick-cooking grits (not instant)
- ☐ 9 large shrimp, peeled and deveined, tails on
- ☐ 4 tablespoons unsalted butter, cut into pieces
- ☐ ½ cup white wine
- ☐ 1 clove garlic, minced
- ☐ 1 teaspoon hot sauce
- ☐ 1 onion, minced
- ☐ 4 servings Salt and freshly ground black pepper
- ☐ 1 tablespoon unsalted butter
- ☐ 2 vine-ripe tomatoes, finely chopped

Method

- 1 For the grits: Bring the chicken broth to a boil in a medium saucepan and add the garlic. Slowly stir in the grits. Reduce the heat and simmer the grits for 20 minutes.
- 2 Remove from the heat and stir in the Cheddar, butter and cream. Season with salt and pepper. Cover and keep warm.
- 3 For the shrimp: Melt the butter in a large skillet over medium heat.
- 4 Add the onion and garlic and saute until the onion is tender, but not browned.
- 5 Add the wine and simmer until it is mostly cooked off.
- 6 Add the shrimp and cook for 2 minutes on each side.
- 7 Add the tomatoes and cook 2 more minutes. Stir in the hot sauce.
- 8 Serve the shrimp over the grits, topped with the tomato sauce.

Nutrition per serving

557

KCAL

24 g

PROTEIN

34 g

FAT

39 g

CARBS

Saturated Fat	19.4 g · 121% of daily needs
Fibre	3 g · 12% of daily needs
Sugar	4.1 g · 5% of daily needs
Sodium	412 mg · 18% of daily needs
Cholesterol	125 mg · 42% of daily needs
Vitamin C	11.5 mg · 14% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/shrimp-and-grits-sweep-148119