



Shrimp and Grits With Kielbasa

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 3 tablespoons garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 2 cups polenta dry
- ☐ 2 tablespoons pepper flakes red
- ☐ 1 tablespoon salt
- ☐ 1 kielbasa sausage chopped
- ☐ 8 ounces sharp cheddar cheese shredded

- ☐ 1 pound shrimp – deveined uncooked peeled
- ☐ 5 cups water

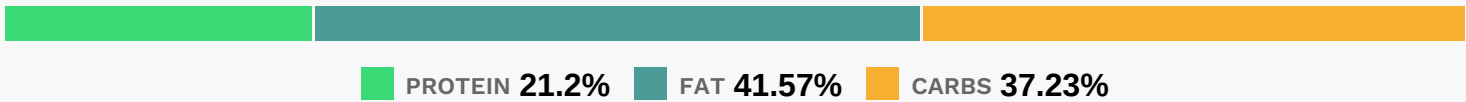
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring polenta, water, and salt to a boil in a saucepan; reduce heat to low and simmer until polenta is thickened, 10 to 15 minutes.
- ☐ Heat olive oil in a large skillet over medium heat and cook kielbasa sausage until browned, 5 to 8 minutes; stir in garlic, rosemary, and red pepper flakes and cook, stirring often, until garlic is fragrant, about 1 minute.
- ☐ Mix in shrimp and stir gently until shrimp are pink and no longer translucent inside, about 5 minutes.
- ☐ Transfer shrimp mixture and any pan juices to a large serving bowl and stir grits into the mixture. Stir Cheddar cheese into the hot mixture until melted.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:0.62, Inflammation Score:-8, Nutrition Score:16.29130433435%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 503.2kcal (25.16%), Fat: 23.12g (35.56%), Saturated Fat: 9.4g (58.78%), Carbohydrates: 46.59g (15.53%), Net Carbohydrates: 44.63g (16.23%), Sugar: 0.7g (0.77%), Cholesterol: 143.25mg (47.75%), Sodium: 1983mg (86.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.53g (53.07%), Selenium: 43.2µg (61.71%), Phosphorus: 429.96mg (43%), Calcium: 335.23mg (33.52%), Vitamin A: 1449.39IU (28.99%), Vitamin B12: 1.36µg (22.67%), Vitamin E: 3mg (20%), Zinc: 2.84mg (18.9%), Vitamin B6: 0.38mg (18.84%), Vitamin B3: 3.01mg (15.05%), Vitamin B2: 0.25mg (14.53%), Copper: 0.27mg (13.61%), Magnesium: 50.71mg (12.68%), Manganese: 0.2mg (10.21%), Vitamin B1: 0.15mg (9.92%), Potassium: 295.06mg (8.43%), Iron: 1.52mg (8.42%), Vitamin B5: 0.8mg (7.95%), Fiber: 1.95g (7.82%), Vitamin K: 7.05µg (6.71%), Folate: 26.69µg (6.67%), Vitamin D: 0.49µg (3.24%), Vitamin C: 1.51mg (1.83%)