



Shrimp and Grits with Succotash

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons carrots chopped
- ☐ 2 tablespoons celery chopped
- ☐ 0.8 cup ears corn fresh
- ☐ 0.8 cup grape tomatoes
- ☐ 4 servings pepper white to taste
- ☐ 0.5 cup ham diced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 cup lima beans *soaked overnight fresh

- ☐ 2 tablespoons olive oil divided
- ☐ 0.3 cup onion chopped
- ☐ 1 ounce parmesan cheese freshly grated
- ☐ 24 large shrimp raw deveined peeled
- ☐ 1 teaspoon salt
- ☐ 4 servings salt to taste
- ☐ 0.3 cup shallots diced
- ☐ 1 cup grits yellow stone-ground uncooked
- ☐ 0.1 teaspoon all the tabasco sauce you handle
- ☐ 0.5 cup butter unsalted divided
- ☐ 0.5 cup water
- ☐ 4 cups water
- ☐ 2 tablespoons wine

Equipment

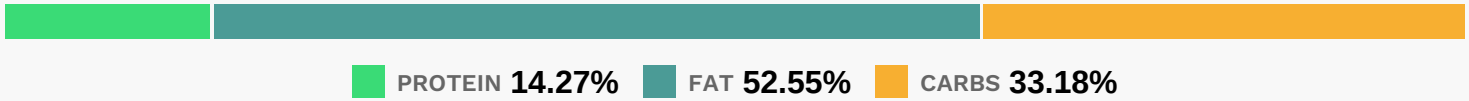
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 4 cups water and 1 teaspoon salt to a boil in a medium, heavy saucepan; gradually whisk in grits. Reduce heat; simmer, uncovered, 20 to 25 minutes or until thick, stirring often.
- ☐ Remove from heat, and add 1/4 cup butter and Parmesan cheese, stirring until cheese melts; cover and keep warm.
- ☐ Heat 1 tablespoon oil in a sauté pan or large skillet over medium-high heat; add lima beans, onion, celery, and carrot; sauté 2 minutes.
- ☐ Add 1/2 cup water; cover, reduce heat, and simmer 15 minutes.
- ☐ Add corn; cook, uncovered, 3 to 5 minutes.
- ☐ Remove vegetables from pan; keep warm.

- ☐ Add remaining 1 tablespoon oil to pan, and heat; add shrimp, and cook 1 to 2 minutes on each side.
- ☐ Add ham and shallot; cook 2 minutes.
- ☐ Add white wine, and cook to deglaze pan (stirring to loosen particles from bottom of skillet).
- ☐ Add lima bean mixture and tomato halves to pan. Cook 1 to 2 minutes or until heated through. Stir in remaining 1/4 cup butter, lemon juice, and Tabasco sauce; season to taste with salt (about 1/4 teaspoon) and white pepper.
- ☐ Serve shrimp and succotash over hot grits.

Nutrition Facts



Properties

Glycemic Index:55.08, Glycemic Load:2.92, Inflammation Score:-9, Nutrition Score:18.699565182561%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 625.12kcal (31.26%), Fat: 36.67g (56.41%), Saturated Fat: 17.97g (112.3%), Carbohydrates: 52.1g (17.37%), Net Carbohydrates: 46.68g (16.97%), Sugar: 5.9g (6.55%), Cholesterol: 153.62mg (51.21%), Sodium: 1484.02mg (64.52%), Alcohol: 0.77g (100%), Alcohol %: 0.17% (100%), Protein: 22.4g (44.8%), Vitamin A: 2517.55IU (50.35%), Selenium: 33.2µg (47.43%), Phosphorus: 354.63mg (35.46%), Manganese: 0.49mg (24.73%), Fiber: 5.42g (21.69%), Vitamin B6: 0.42mg (20.77%), Vitamin B1: 0.3mg (20.1%), Vitamin E: 2.86mg (19.1%), Copper: 0.36mg (17.92%), Folate: 70.84µg (17.71%), Potassium: 619.26mg (17.69%), Magnesium: 69.3mg (17.33%), Vitamin B3: 3.27mg (16.36%), Vitamin B12: 0.92µg (15.37%), Zinc: 2.15mg (14.33%), Calcium: 139.79mg (13.98%), Iron: 2.35mg (13.05%), Vitamin C: 10.13mg (12.28%), Vitamin K: 11.96µg (11.39%), Vitamin B5: 0.97mg (9.72%), Vitamin B2: 0.15mg (9.04%), Vitamin D: 0.64µg (4.29%)