



Shrimp Florentine over Tomato Grits

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



715 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 stick butter
- ☐ 2 tablespoons butter
- ☐ 10 ounce canned tomatoes diced green canned
- ☐ 2 eggs lightly beaten
- ☐ 1 clove garlic minced
- ☐ 0.3 cup grand padana grated
- ☐ 0.3 cup green onions diced
- ☐ 1 dash ground nutmeg

- ☐ 1 cup heavy cream
- ☐ 1 to 2 lemons juiced
- ☐ 0.8 cup milk
- ☐ 1 cup cooking grits quick
- ☐ 6 ounce garlic cheese roll
- ☐ 1 teaspoons salt
- ☐ 8 servings salt and pepper
- ☐ 2.5 cups cheddar shredded
- ☐ 12 shrimp deveined peeled
- ☐ 2 cups pkt spinach fresh packed
- ☐ 2 cups water
- ☐ 8 servings white wine for deglazing

Equipment

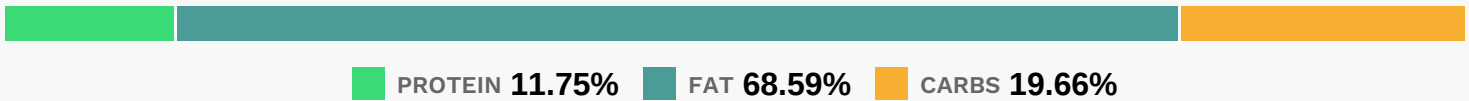
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ To make the tomato grits, in a saucepan, bring the water and milk to a boil.
- ☐ Add the salt. Slowly add the grits and return to a boil; stir for 1 full minute. (The secret to preparing good grits is the initial stirring of the pot.) Reduce the heat, cover, and cook for 3 minutes. Stir the grits and add 1 stick of butter, stirring until it has melted. Cover and cook for 3 to 5 minutes, or until the grits are thick and creamy.
- ☐ Remove from the heat and set aside.
- ☐ Saute the onions in the remaining 1 tablespoon butter for 1 minute.
- ☐ Add the garlic cheese, 1 1/2 cups Cheddar, and onions to the grits, and stir until cheese is melted.

- ☐ Add the tomatoes and green chiles and mix well; stir in the beaten eggs.
- ☐ Pour the grits into a greased 8 by11 by 2-inch casserole.
- ☐ Bake the casserole for 40 minutes.
- ☐ Sprinkle the remaining cheese over the casserole for the last 5 minutes of cooking time.
- ☐ To make the Shrimp Florentine, start with 1 tablespoon butter in saute pan.
- ☐ Add minced garlic and shrimp. Deglaze with lemon and wine.
- ☐ Add cream, cheese and spinach. Reduce, season, to taste, with salt and pepper and pour over grits.

Nutrition Facts



Properties

Glycemic Index:50.94, Glycemic Load:2.32, Inflammation Score:-9, Nutrition Score:17.774782761284%

Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 4.35mg, Hesperetin: 4.35mg, Hesperetin: 4.35mg, Hesperetin: 4.35mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 714.73kcal (35.74%), Fat: 46.79g (71.98%), Saturated Fat: 27.74g (173.39%), Carbohydrates: 30.16g (10.05%), Net Carbohydrates: 27.91g (10.15%), Sugar: 8.17g (9.08%), Cholesterol: 197.75mg (65.92%), Sodium: 1059.49mg (46.06%), Alcohol: 17.06g (100%), Alcohol %: 4.83% (100%), Protein: 18.04g (36.08%), Vitamin K: 50.46µg (48.05%), Vitamin A: 2152.2IU (43.04%), Calcium: 360.43mg (36.04%), Phosphorus: 337.37mg (33.74%), Vitamin B2: 0.42mg (24.86%), Selenium: 15.47µg (22.09%), Manganese: 0.38mg (19.04%), Folate: 67.68µg (16.92%), Vitamin C: 13.61mg (16.49%), Zinc: 2.34mg (15.62%), Magnesium: 61.12mg (15.28%), Vitamin B6: 0.28mg (13.87%), Potassium: 460.22mg (13.15%), Vitamin B1: 0.19mg (12.7%), Iron: 2.23mg (12.41%), Vitamin E: 1.71mg (11.42%), Vitamin B12: 0.67µg (11.22%), Copper: 0.21mg (10.31%), Fiber: 2.25g (8.99%), Vitamin B3: 1.66mg (8.32%), Vitamin D: 1.16µg (7.73%), Vitamin B5: 0.75mg (7.53%)