



Shrimp & Grits

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



580 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup beer ()
- ☐ 2 tablespoons butter divided ()
- ☐ 4 large eggs
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 3 garlic clove sliced
- ☐ 1 cup grits yellow instant (not)
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 jalapeno diced seeded

- ☐ 4 servings kosher salt
- ☐ 0.3 cup chicken stock see
- ☐ 4 servings pepper freshly ground
- ☐ 1 cup cheddar cheese white grated
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 tablespoon vegetable oil

Equipment

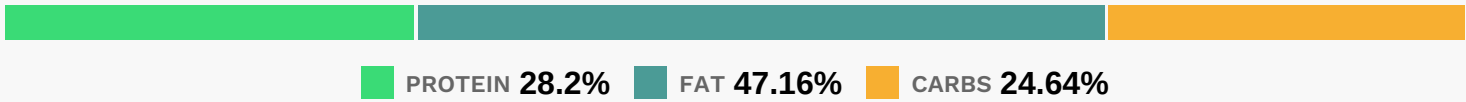
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 3 cups water to a simmer in large saucepan. Gradually whisk in grits. Turn heat to low; gently simmer until grits begin to thicken. Continue cooking, stirring often and adding water by 1/4 cupfuls if too thick, until tender, about 1 hour. Stir in cheese, butter, and jalapeño, then cream. Season with salt and pepper. Keep warm.
- ☐ Meanwhile, heat a large heavy skillet over medium heat.
- ☐ Add tasso; sauté until fat begins to render, about 5 minutes (if tasso is very lean, add 1 tablespoon oil to skillet).
- ☐ Add garlic and 1 tablespoon butter; stir until butter melts.
- ☐ Add shrimp. When garlic begins to brown, add beer and chicken stock. Simmer until shrimp is cooked through, about 2 minutes.
- ☐ Remove skillet from heat; set aside.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add remaining 1 tablespoon butter to skillet; swirl to melt and cover bottom of pan. Crack eggs into pan and cook until whites are just set but yolks are still runny, about 3 minutes.
- ☐ Divide grits among bowls, forming a well in center. Spoon shrimp mixture into center of grits. Top with egg.

Sprinkle tarragon over.

Nutrition Facts



Properties

Glycemic Index:70.38, Glycemic Load:1.19, Inflammation Score:-6, Nutrition Score:17.060869600462%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 580.18kcal (29.01%), Fat: 30.19g (46.44%), Saturated Fat: 14.79g (92.43%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 34.56g (12.57%), Sugar: 1.37g (1.52%), Cholesterol: 429.13mg (143.04%), Sodium: 657.54mg (28.59%), Alcohol: 0.58g (100%), Alcohol %: 0.25% (100%), Protein: 40.62g (81.24%), Phosphorus: 525.94mg (52.59%), Selenium: 31.33µg (44.75%), Calcium: 338.61mg (33.86%), Copper: 0.55mg (27.5%), Vitamin B2: 0.44mg (26.12%), Zinc: 3.53mg (23.51%), Vitamin A: 1142.55IU (22.85%), Magnesium: 73.85mg (18.46%), Potassium: 551.02mg (15.74%), Manganese: 0.29mg (14.53%), Iron: 2.57mg (14.3%), Vitamin B6: 0.27mg (13.41%), Vitamin B12: 0.78µg (13.05%), Vitamin B5: 1.15mg (11.5%), Folate: 39.65µg (9.91%), Vitamin E: 1.45mg (9.65%), Vitamin D: 1.41µg (9.38%), Vitamin K: 9.04µg (8.61%), Vitamin C: 5.85mg (7.09%), Vitamin B1: 0.1mg (6.57%), Vitamin B3: 1.06mg (5.32%), Fiber: 0.92g (3.7%)