



WHATSheATE



Shrimp-Manchego-Chorizo Grits With Red Bean Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 fish bouillon cubes
- ☐ 0.3 cup butter
- ☐ 0.1 pound chorizo sausage cooked chopped
- ☐ 0.8 cup regular grits
- ☐ 0.3 pound parmesan cheese grated
- ☐ 6 servings bell pepper
- ☐ 1 slices garnishes: fried plantain drops of chili olive oil and saffron olive oil fresh

- ☐ 6 servings bean salsa red
- ☐ 6 servings salt
- ☐ 0.5 pound shrimp deveined cooked peeled chopped
- ☐ 30 large shrimp deveined cooked peeled (leaving tails intact)
- ☐ 3 cups water

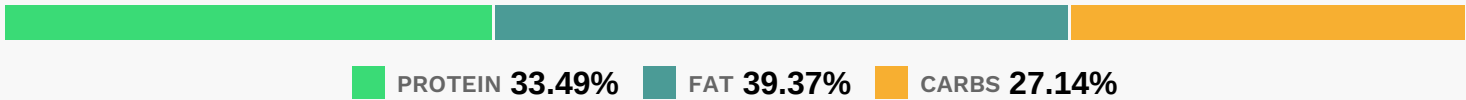
Equipment

- ☐ sauce pan
- ☐ ramekin

Directions

- ☐ Bring 3 cups water to a boil in a large saucepan; add bouillon cubes, stirring until dissolved. Gradually stir in grits; cover, reduce heat, and cook 15 minutes.
- ☐ Remove mixture from heat.
- ☐ Stir in butter and next 3 ingredients, and add salt and pepper to taste. Spoon into 6 (6-ounce) lightly greased ramekins; cool slightly.
- ☐ Unmold grits onto individual serving plates; spoon Red Bean Salsa on top of grits. Arrange 5 cooked shrimp around grits.
- ☐ Garnish, if desired.
- ☐ Note: To make plantain slices for garnish, cut 1 large plantain into very thin slices; fry in hot oil (35
- ☐ for 1 minute or until crisp.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:1.1, Inflammation Score:-9, Nutrition Score:17.736956508263%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 337.83kcal (16.89%), Fat: 14.95g (22.99%), Saturated Fat: 5.68g (35.47%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 20.73g (7.54%), Sugar: 4.91g (5.46%), Cholesterol: 160.96mg (53.65%), Sodium: 1389.34mg (60.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.61g (57.21%), Vitamin C: 97.7mg (118.43%), Vitamin A: 3061.49IU (61.23%), Phosphorus: 369.57mg (36.96%), Calcium: 304.14mg (30.41%), Copper: 0.42mg (20.83%), Vitamin B6: 0.32mg (16.19%), Magnesium: 60.52mg (15.13%), Potassium: 527.72mg (15.08%), Zinc: 2.04mg (13.62%), Vitamin E: 1.93mg (12.84%), Selenium: 8.48µg (12.12%), Fiber: 2.45g (9.81%), Folate: 38.58µg (9.65%), Manganese: 0.18mg (9.06%), Vitamin B2: 0.15mg (8.97%), Iron: 1.41mg (7.84%), Vitamin B3: 1.44mg (7.21%), Vitamin B1: 0.09mg (5.94%), Vitamin K: 5.47µg (5.21%), Vitamin B5: 0.49mg (4.95%), Vitamin B12: 0.26µg (4.27%)