



## Shrimp 'n' Grits

READY IN



45 min.

SERVINGS



4

CALORIES



1589 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 29 ounce tomatoes diced canned
- ☐ 12 ounces cheddar cheese grated
- ☐ 6 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped for garnish
- ☐ 2 garlic cloves minced
- ☐ 2 medium bell peppers green seeded chopped
- ☐ 1.5 cups old-fashioned grits
- ☐ 2 cups heavy cream

- ☐ 2 jalapeño peppers seeded finely chopped
- ☐ 3 cups milk
- ☐ 2 medium onions chopped
- ☐ 0.5 cup parmesan cheese grated for garnish
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds shrimp deveined peeled
- ☐ 4 servings tabasco to taste
- ☐ 6 tablespoons butter unsalted

## Equipment

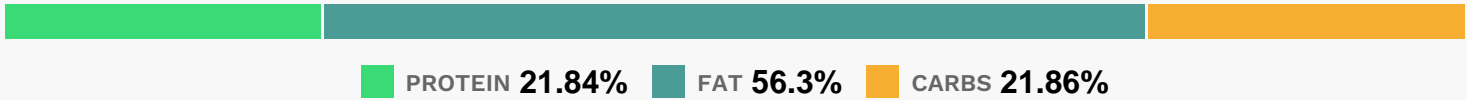
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Combine 4 cups of water, the milk, and salt in a large saucepan over medium-high heat. Bring the mixture to a boil and slowly whisk in the grits. Reduce the heat to medium-low. Cover the saucepan and simmer, stirring occasionally, for about 15 minutes, or until thickened. Stir in the cheddar cheese. Cover and keep warm over a low heat.
- ☐ To make the shrimp: Melt the butter in a large skillet over medium heat.
- ☐ Add the flour and cook, stirring, until the mixture is dark and golden, about 5 minutes.
- ☐ Add the bell peppers, onions, jalapeños, garlic, 1/2 teaspoon of the salt, and pepper. Cook until the vegetables are softened, about 5 minutes.
- ☐ Slowly whisk in the cream. Once the cream is fully incorporated, slowly whisk in the tomatoes and 2/3 cup of water. Stir in the shrimp and cook, stirring occasionally, until the shrimp are just opaque, about 5 minutes.
- ☐ Season the shrimp with the remaining 1 teaspoon salt, pepper, and Tabasco.
- ☐ Serve the shrimp over the grits and garnish with the Parmesan cheese and parsley.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

From The Deen Bros. Take It Easy by Jamie Deen, Bobby Deen and Melissa Clark Copyright (c) 2009 by Jamie Deen, Bobby Deen and Melissa Clark Published by Ballantine Books. Jamie and Bobby Deen grew up in Georgia—first in Albany and then in Savannah—and, like many Southerners, they have always considered cooking and food a big part of their lives. When their mother, Paula Deen, started a sandwich delivery business in 1989, the boys took charge of deliveries. As the business grew into The Lady restaurant, they continued to help. Then, in 1996, the trio opened The Lady & Sons Restaurant to resounding success. They haven't looked back since. They regularly appear on ABC's Good Morning America and had their own Food Network show, Road Tasted. Melissa Clark has written for The New York Times, Food & Wine, Travel & Leisure, and Real Simple and has collaborated on twenty-one books.

## Nutrition Facts



## Properties

Glycemic Index:75.75, Glycemic Load:11.58, Inflammation Score:-10, Nutrition Score:48.013913113138%

## Flavonoids

Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 2.97mg, Luteolin: 2.97mg, Luteolin: 2.97mg, Luteolin: 2.97mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 13.89mg, Quercetin: 13.89mg, Quercetin: 13.89mg, Quercetin: 13.89mg

## Nutrients (% of daily need)

Calories: 1589.44kcal (79.47%), Fat: 100.71g (154.94%), Saturated Fat: 60.27g (376.7%), Carbohydrates: 87.98g (29.33%), Net Carbohydrates: 82.42g (29.97%), Sugar: 21.96g (24.4%), Cholesterol: 662.65mg (220.88%), Sodium: 1742.48mg (75.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 87.92g (175.84%), Phosphorus: 1340.21mg (134.02%), Calcium: 1257.73mg (125.77%), Vitamin C: 83.24mg (100.9%), Vitamin A: 4362.56IU (87.25%), Selenium: 50.19µg (71.7%), Vitamin B2: 1.13mg (66.7%), Copper: 1.21mg (60.65%), Zinc: 8.58mg (57.23%), Potassium: 1778.82mg (50.82%), Vitamin K: 53.16µg (50.63%), Magnesium: 192.36mg (48.09%), Vitamin B6: 0.79mg (39.56%), Vitamin B12: 2.28µg (38.08%), Vitamin D: 4.8µg (32.03%), Vitamin B1: 0.48mg (31.94%), Manganese: 0.59mg (29.62%), Vitamin E: 4.28mg (28.52%), Iron: 5.09mg (28.29%), Fiber: 5.56g (22.24%), Vitamin B5: 2.14mg (21.44%), Folate: 85.35µg (21.34%), Vitamin B3: 3.64mg (18.19%)