



Shrimp, Peppers, and Cheese Grits

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



518 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup bell pepper strips green
- 1 cup bell pepper strips red
- 0.5 cup canadian bacon chopped
- 10 ounce canned tomatoes diced green drained canned
- 16 ounce less-sodium chicken broth fat-free canned
- 1.7 cups milk fat-free
- 0.5 cup green onions chopped
- 1 cup quick-cooking grits uncooked

- 4 ounces sharp cheddar cheese shredded reduced-fat
- 1.5 pounds shrimp deveined peeled

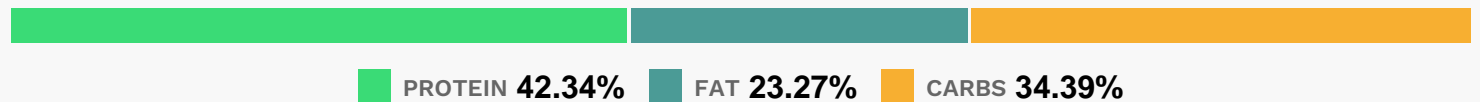
Equipment

- frying pan
- sauce pan

Directions

- Cook bacon in a skillet over medium heat 3 minutes or until lightly browned, stirring frequently.
- Add bell peppers; cook 10 minutes, stirring occasionally.
- Add tomatoes; cook 5 minutes.
- Add shrimp; cook 3 minutes. Stir in green onions; keep warm.
- Combine milk and broth in a saucepan. Bring to a boil, and stir in grits. Bring to a boil; reduce heat, and cook for 5 minutes or until thick, stirring occasionally. Stir in cheese.
- Serve shrimp mixture over grits.

Nutrition Facts



Properties

Glycemic Index:43.06, Glycemic Load:4.07, Inflammation Score:-9, Nutrition Score:33.081739301267%

Flavonoids

Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 518.13kcal (25.91%), Fat: 13.74g (21.14%), Saturated Fat: 6.49g (40.58%), Carbohydrates: 45.69g (15.23%), Net Carbohydrates: 40.82g (14.85%), Sugar: 11.66g (12.95%), Cholesterol: 320.06mg (106.69%), Sodium: 1259.72mg (54.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.25g (112.5%), Vitamin C: 86.5mg (104.85%), Phosphorus: 793.27mg (79.33%), Calcium: 491.85mg (49.19%), Copper: 0.92mg (46.15%), Vitamin A: 2073.44IU (41.47%), Vitamin B1: 0.61mg (40.76%), Potassium: 1217.08mg (34.77%), Vitamin K: 34.89µg (33.23%), Zinc: 4.93mg

(32.9%), Magnesium: 128.6mg (32.15%), Vitamin B2: 0.54mg (32.03%), Vitamin B6: 0.62mg (30.78%), Vitamin B3: 5.87mg (29.33%), Selenium: 20.49µg (29.27%), Folate: 105.37µg (26.34%), Iron: 3.99mg (22.14%), Vitamin B12: 1.32µg (21.96%), Manganese: 0.4mg (19.98%), Fiber: 4.86g (19.45%), Vitamin D: 2.12µg (14.14%), Vitamin E: 1.96mg (13.04%), Vitamin B5: 1.25mg (12.47%)