



Shrimp, Sausage and Grits

READY IN



25 min.

SERVINGS



4

CALORIES



663 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 lb shells deveined uncooked peeled (tail shells removed)
- ☐ 1 teaspoon seafood seasoning 30%
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 cup tricolor cheese-filled tortellini refrigerated
- ☐ 4.5 oz turkey sausage smoked cut into 1/8-inch slices (one-third of 14-oz ring)
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 cup quick-cooking grits uncooked
- ☐ 0.5 cup skim milk fat-free (skim)
- ☐ 0.3 teaspoon salt

- ☐ 0.3 teaspoon worcestershire sauce
- ☐ 0.8 teaspoon hot sauce red

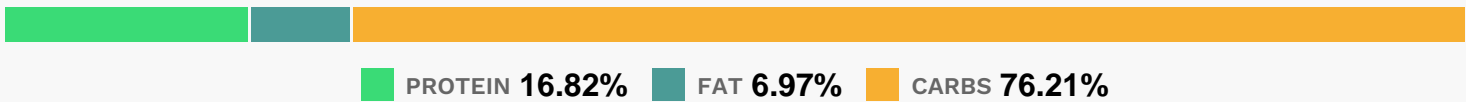
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Spray 12-inch skillet with cooking spray; heat over medium-high heat.
- ☐ Add shrimp; sprinkle with seafood seasoning and pepper. Cook 3 minutes, stirring frequently, until shrimp are pink.
- ☐ Remove shrimp; keep warm.
- ☐ Respray skillet with cooking spray.
- ☐ Add bell pepper; cook 2 minutes over medium-high heat, stirring frequently.
- ☐ Add sausage; cook 2 minutes until lightly browned.
- ☐ Add garlic and cooked shrimp. Cook 1 minute, stirring constantly.
- ☐ Add 1/4 cup water; cook 30 seconds, stirring to loosen brown particles.
- ☐ Remove from heat; cover. In 2-quart saucepan, heat 1 1/2 cups water to boiling. Gradually stir in grits; reduce heat. Cover; simmer 5 minutes. Stir in milk.
- ☐ Remove from heat.
- ☐ Add remaining ingredients.
- ☐ Serve grits with shrimp mixture.

Nutrition Facts



Properties

Glycemic Index:44.81, Glycemic Load:43.94, Inflammation Score:-6, Nutrition Score:20.593043570933%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 663.46kcal (33.17%), Fat: 5.08g (7.82%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 124.95g (41.65%), Net Carbohydrates: 119.33g (43.39%), Sugar: 5.66g (6.29%), Cholesterol: 24.84mg (8.28%), Sodium: 381.16mg (16.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.17%), Selenium: 92µg (131.43%), Manganese: 1.45mg (72.33%), Phosphorus: 396.11mg (39.61%), Vitamin B3: 4.88mg (24.38%), Magnesium: 97.02mg (24.26%), Copper: 0.48mg (23.83%), Fiber: 5.62g (22.5%), Zinc: 3.35mg (22.36%), Vitamin B6: 0.44mg (21.83%), Vitamin B1: 0.28mg (18.92%), Iron: 3.14mg (17.43%), Vitamin B2: 0.27mg (15.66%), Folate: 57.48µg (14.37%), Potassium: 498.48mg (14.24%), Vitamin B5: 1.13mg (11.25%), Vitamin B12: 0.59µg (9.87%), Calcium: 86.31mg (8.63%), Vitamin K: 4.42µg (4.21%), Vitamin C: 1.87mg (2.27%), Vitamin D: 0.34µg (2.25%), Vitamin A: 101.88IU (2.04%), Vitamin E: 0.21mg (1.4%)