



## Shrimp with Bacon-Cheese Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 4 oz cheddar cheese grated
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 cloves garlic
- ☐ 2 bunches green onions ( 16)
- ☐ 1 cup polenta
- ☐ 0.5 teaspoon salt plus more to taste

- ☐ 1.3 pounds shrimp deveined peeled
- ☐ 8 slices bacon thick-cut
- ☐ 3 medium tomatoes

## Equipment

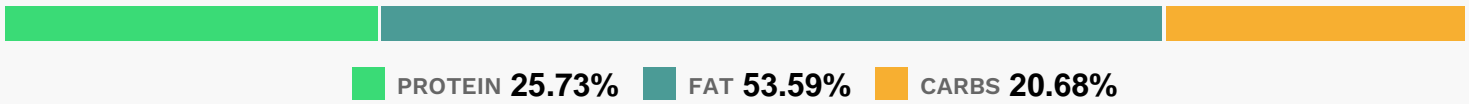
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ In a medium saucepan, bring 3 1/2 cups water to a boil.
- ☐ Add 1/2 tsp. salt.
- ☐ Pour in polenta in a thin stream, whisking constantly, and whisk until mixture comes to a steady simmer. Reduce heat to maintain a gentle simmer, cover, and stir every 5 minutes until done, about 25 minutes total.
- ☐ Meanwhile, in a large frying pan over medium-high heat, cook bacon until fat renders and edges start to brown and crisp. While bacon cooks, trim stems and ends of green onions, leaving onions as intact as possible.
- ☐ Drain bacon on paper towels, chop, and set aside.
- ☐ Remove all but 1 tbsp. bacon fat from the pan.
- ☐ Add whole green onions and cook until soft and starting to brown, about 3 minutes; turn and brown opposite sides, about 3 minutes more. While green onions cook, halve tomatoes along the equator and sprinkle cut sides with salt and pepper. Chop garlic. Set both aside.
- ☐ Transfer green onions to a baking sheet or platter and cover to keep warm. Put tomato halves cut side down in pan with bacon fat and cook until starting to brown, about 3 minutes. Turn and cook until heated through and a bit soft, about 3 minutes more.
- ☐ Transfer to baking sheet with green onions to keep warm.
- ☐ Add garlic to pan and cook, stirring, until fragrant, about 1 minute.
- ☐ Add shrimp and cook, stirring constantly, until starting to turn pink, 1 to 2 minutes.

- ☐ Pour in wine and continue cooking, stirring and scraping up any browned bits from the pan, until shrimp is cooked through, about 2 minutes.
- ☐ Remove from heat.
- ☐ Stir butter, cheese, and bacon into polenta. Divide polenta among 4 to 6 plates and top with shrimp and remaining liquid in the pan, dividing evenly. Set a tomato half and several green onions beside polenta.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:1.1, Inflammation Score:-7, Nutrition Score:13.768695686174%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 521.84kcal (26.09%), Fat: 30.21g (46.48%), Saturated Fat: 12.57g (78.55%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 24.8g (9.02%), Sugar: 2.25g (2.5%), Cholesterol: 212.76mg (70.92%), Sodium: 783.51mg (34.07%), Alcohol: 2.06g (100%), Alcohol %: 0.92% (100%), Protein: 32.63g (65.27%), Phosphorus: 402.12mg (40.21%), Selenium: 19.83µg (28.33%), Copper: 0.47mg (23.26%), Calcium: 215.06mg (21.51%), Vitamin K: 22.52µg (21.45%), Vitamin A: 973.11IU (19.46%), Zinc: 2.82mg (18.79%), Potassium: 585.69mg (16.73%), Magnesium: 62.07mg (15.52%), Vitamin B1: 0.2mg (13.59%), Vitamin B3: 2.7mg (13.5%), Vitamin B6: 0.26mg (13.14%), Vitamin C: 10.4mg (12.6%), Manganese: 0.21mg (10.45%), Vitamin B2: 0.16mg (9.25%), Iron: 1.36mg (7.54%), Vitamin B12: 0.45µg (7.47%), Fiber: 1.42g (5.69%), Vitamin B5: 0.56mg (5.58%), Vitamin E: 0.83mg (5.56%), Folate: 20.04µg (5.01%), Vitamin D: 0.31µg (2.04%)