



Smoky Shrimp with Creamy Grits

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 teaspoon chipotles in adobo finely chopped (from 7-oz can)
- ☐ 2 oz cream cheese
- ☐ 14.5 oz canned tomatoes diced fire roasted organic drained canned
- ☐ 1 large clove garlic finely chopped
- ☐ 0.5 cup spring onion finely chopped (8 medium)
- ☐ 0.8 cup quick-cooking grits uncooked
- ☐ 1 teaspoons salt

- ☐ 1 teaspoon seafood seasoning (from 6-oz container)
- ☐ 1.5 lb shrimp frozen thawed deveined uncooked peeled
- ☐ 14.8 oz corn sweet cream style canned
- ☐ 3 cups water

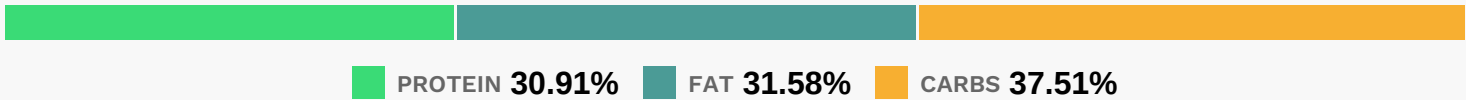
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In 3-quart saucepan, heat water, salt and corn to boiling. With wire whisk, gradually beat in grits. Return to boiling, beating constantly. Reduce heat to low; cover and simmer 5 to 7 minutes, stirring occasionally, until thickened.
- ☐ Remove from heat. Stir in onions and cream cheese until well blended. Cover to keep warm.
- ☐ Meanwhile, in 10-inch heavy skillet, melt butter over medium-high heat.
- ☐ Add garlic; cook and stir about 2 minutes or until garlic is lightly browned.
- ☐ Add shrimp; cook and stir 4 to 6 minutes or just until shrimp are pink. Stir in seafood seasoning, chipotle chiles and tomatoes. Reduce heat to medium; simmer uncovered 2 to 3 minutes or until tomatoes are thoroughly heated.
- ☐ Divide grits mixture evenly among 4 large soup bowls; spoon shrimp mixture evenly over top.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:11.25, Inflammation Score:-8, Nutrition Score:17.669565169708%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 523.97kcal (26.2%), Fat: 19.18g (29.5%), Saturated Fat: 5.7g (35.65%), Carbohydrates: 51.25g (17.08%), Net Carbohydrates: 46.09g (16.76%), Sugar: 8.33g (9.25%), Cholesterol: 288.17mg (96.06%), Sodium: 1133.09mg (49.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.24g (84.47%), Phosphorus: 515.63mg (51.56%), Copper: 0.8mg (39.75%), Vitamin A: 1521.77IU (30.44%), Vitamin K: 30.63µg (29.17%), Magnesium: 107.61mg (26.9%), Potassium: 783.18mg (22.38%), Zinc: 3.35mg (22.31%), Fiber: 5.15g (20.62%), Folate: 76.91µg (19.23%), Iron: 3.31mg (18.4%), Calcium: 182.96mg (18.3%), Vitamin B1: 0.27mg (18.17%), Manganese: 0.36mg (18.08%), Vitamin B3: 3.2mg (15.98%), Vitamin B6: 0.25mg (12.65%), Vitamin C: 10.27mg (12.45%), Vitamin B2: 0.2mg (11.81%), Vitamin B5: 1.02mg (10.21%), Vitamin E: 0.73mg (4.88%), Selenium: 1.65µg (2.35%)