



## Southern Shrimp and Grits

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**25**

CALORIES



**54 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 slices oscar mayer bacon cut into 1-inch pieces
- 2 Tbsp parsley fresh chopped
- 1 clove garlic minced
- 4 green onions thinly sliced
- 1 Tbsp juice of lemon
- 0.8 cup quick-cooking grits
- 1 cup cheddar cheese shredded kraft
- 0.8 lb shrimp deveined uncooked peeled

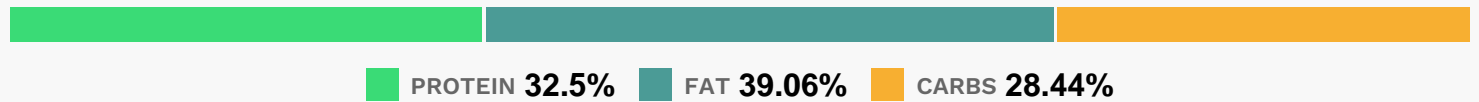
## Equipment

- frying pan
- paper towels
- slotted spoon

## Directions

- Cook grits as directed on package.
- Meanwhile, cook and stir bacon in large skillet on medium-heat heat until crisp.
- Remove from skillet with slotted spoon; drain on paper towels.
- Add shrimp, onions and garlic to drippings in skillet; cook and stir 3 min. or until shrimp turn pink.
- Add bacon, parsley and lemon juice; mix well.
- Add cheese to grits; mix well.
- Serve topped with shrimp mixture.

## Nutrition Facts



## Properties

Glycemic Index:4.84, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.156521756364%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 53.79kcal (2.69%), Fat: 2.37g (3.65%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.61g (1.31%), Sugar: 0.12g (0.14%), Cholesterol: 27.59mg (9.2%), Sodium: 58mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.89%), Vitamin K: 9.07µg (8.64%), Phosphorus: 60.85mg (6.08%),

Calcium: 42.99mg (4.3%), Copper: 0.06mg (3.14%), Zinc: 0.42mg (2.82%), Folate: 9.6µg (2.4%), Selenium: 1.66µg (2.37%), Vitamin B1: 0.03mg (2.24%), Magnesium: 8.97mg (2.24%), Vitamin B2: 0.04mg (2.24%), Vitamin A: 90.74IU (1.81%), Potassium: 57.45mg (1.64%), Iron: 0.29mg (1.62%), Vitamin B3: 0.3mg (1.51%), Vitamin C: 1.03mg (1.25%), Vitamin B6: 0.02mg (1.15%), Fiber: 0.28g (1.11%), Manganese: 0.02mg (1.03%)