



## Spicy Low-Country Shrimp and Grits

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 pound andouille sausage diced
- 0.3 cup butter
- 1 tablespoon butter
- 2 tablespoons cajun spice
- 1 teaspoon cayenne pepper
- 2 ounces cheddar grated
- 0.3 cup herbs fresh chopped (parsley, thyme, basil)
- 2 teaspoons garlic diced

- 1 teaspoon course ground pepper black
- 4 cups milk
- 0.3 cup olive oil extra-virgin
- 1 tablespoon pepper sauce
- 2 small piquillo peppers chopped
- 1 teaspoon pepper flakes red
- 1 teaspoon salt
- 6 servings salt and pepper black freshly ground
- 6 servings scallions sliced
- 1.5 pounds shrimp deveined peeled (21 count)
- 1 cup grits yellow stone-ground
- 0.3 cup cooking wine spanish ( rioja)

## Equipment

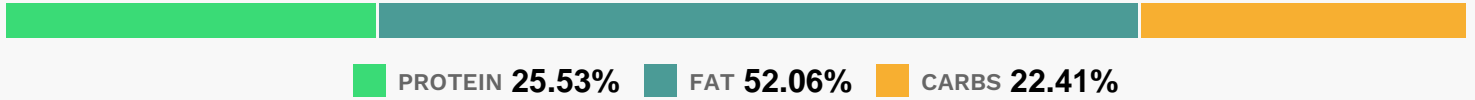
- bowl
- frying pan

## Directions

- Watch how to make this recipe.
- Grits: Bring milk, salt, pepper, and butter to a boil. Stir in grits, pepper flakes, and pepper sauce over low heat. When consistency is ready, in about 45 to 50 minutes add cheese and stir.
- Shrimp: Toss shrimp in Cajun seasoning and set aside. In a saute pan, over medium heat, heat the oil.
- Add the sausage and render for 3 minutes.
- Add garlic, stir for 1 to 2 minutes.
- Add the shrimp and butter and saute for 2 to 3 minutes. Stir in cayenne pepper, piquillo peppers, and pepper flakes.
- Add half wine (drink what's leftover), and fresh herbs and simmer for 2 to 3 minutes.
- Add salt and pepper, to taste. Plate grits in a shallow bowls with shrimp mixture over the top.

Garnish with scallions and serve.

## Nutrition Facts



### Properties

Glycemic Index:64.17, Glycemic Load:3.35, Inflammation Score:-9, Nutrition Score:20.769999649214%

### Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

### Nutrients (% of daily need)

Calories: 579.55kcal (28.98%), Fat: 33.48g (51.5%), Saturated Fat: 14.05g (87.81%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 30.62g (11.13%), Sugar: 8.98g (9.98%), Cholesterol: 253.15mg (84.38%), Sodium: 962.11mg (41.83%), Alcohol: 1.04g (100%), Alcohol %: 0.34% (100%), Protein: 36.94g (73.88%), Vitamin K: 63.73µg (60.69%), Phosphorus: 517.64mg (51.76%), Vitamin A: 2446.12IU (48.92%), Calcium: 364.26mg (36.43%), Copper: 0.52mg (26.07%), Zinc: 3.32mg (22.14%), Potassium: 773.52mg (22.1%), Vitamin B2: 0.36mg (21.29%), Selenium: 14.68µg (20.97%), Magnesium: 81.86mg (20.46%), Vitamin B12: 1.18µg (19.73%), Vitamin E: 2.86mg (19.05%), Vitamin D: 2.11µg (14.07%), Vitamin B6: 0.27mg (13.73%), Vitamin B1: 0.2mg (13.03%), Vitamin C: 10.66mg (12.93%), Iron: 2.19mg (12.19%), Manganese: 0.22mg (11.14%), Vitamin B3: 2.05mg (10.25%), Vitamin B5: 1.02mg (10.16%), Fiber: 1.81g (7.25%), Folate: 13.39µg (3.35%)