



Spicy Shrimp and Grits

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices applewood-smoked bacon
- 0.3 teaspoon pepper black divided
- 1 tablespoon butter
- 1 teaspoon chipotle chile hot canned chopped
- 2 cups grape tomatoes halved
- 0.3 cup green onion strips
- 3 cups milk 1% low-fat
- 1 cup thinly onion white vertically sliced

- 2 ounces parmesan cheese fresh grated
- 1 cup quick-cooking grits uncooked
- 0.5 teaspoon salt divided
- 1 pound shrimp deveined peeled
- 1 cup water
- 0.1 teaspoon ground red crushed

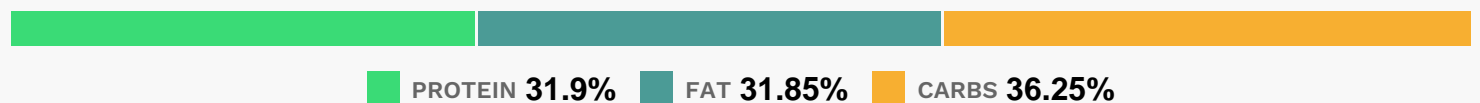
Equipment

- frying pan
- sauce pan
- whisk

Directions

- Combine milk, water, butter, 1/4 teaspoon salt, and 1/8 teaspoon black pepper in a saucepan over medium-high heat. Bring to a simmer; gradually add grits, stirring constantly with a whisk. Reduce heat to medium; cook 4 minutes or until thick, stirring occasionally.
- Remove from heat; stir in cheese.
- While grits cook, cook bacon in a large nonstick skillet over medium heat until crisp.
- Remove bacon from pan, reserving 2 teaspoons drippings; crumble bacon.
- Add shrimp to drippings in pan; cook 2 minutes on each side or until done.
- Remove shrimp from pan.
- Add white onion to pan; saut 1 minute. Stir in bacon, tomatoes, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon black pepper; saut 2 minutes, stirring occasionally.
- Add shrimp, pepper sauce, and red pepper; cook 1 minute or until shrimp are heated.
- Serve over grits; sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:1.82, Inflammation Score:-8, Nutrition Score:22.030434691388%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.22mg, Quercetin: 9.22mg, Quercetin: 9.22mg, Quercetin: 9.22mg

Nutrients (% of daily need)

Calories: 506.02kcal (25.3%), Fat: 18.21g (28.01%), Saturated Fat: 8.31g (51.93%), Carbohydrates: 46.63g (15.54%), Net Carbohydrates: 42.94g (15.61%), Sugar: 13.15g (14.62%), Cholesterol: 223.1mg (74.37%), Sodium: 900.97mg (39.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.04g (82.07%), Phosphorus: 649.47mg (64.95%), Calcium: 490.71mg (49.07%), Copper: 0.58mg (28.82%), Vitamin B1: 0.43mg (28.77%), Vitamin B2: 0.47mg (27.46%), Potassium: 947.42mg (27.07%), Magnesium: 102.36mg (25.59%), Vitamin A: 1256.2IU (25.12%), Zinc: 3.5mg (23.36%), Vitamin B12: 1.37µg (22.76%), Folate: 84.43µg (21.11%), Vitamin B6: 0.39mg (19.54%), Vitamin K: 19.92µg (18.97%), Vitamin C: 14.34mg (17.38%), Vitamin B3: 3.43mg (17.17%), Selenium: 11.62µg (16.6%), Fiber: 3.69g (14.76%), Manganese: 0.29mg (14.68%), Iron: 2.53mg (14.07%), Vitamin D: 2.11µg (14.04%), Vitamin B5: 1.07mg (10.66%), Vitamin E: 0.71mg (4.75%)