



Wesley's Gulf Coast Shrimp and Grits

 Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 teaspoons capers drained
- ☐ 1 pt cherry tomatoes halved
- ☐ 0.8 cup cooking wine dry white
- ☐ 0.3 cup olive oil extra virgin divided
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 tablespoons chives fresh minced
- ☐ 3 garlic cloves chopped

- ☐ 4 garlic cloves minced
- ☐ 6 servings grits
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 Dash hot sauce
- ☐ 30 jumbo shrimp raw unpeeled ()
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 cups milk
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 1.5 cups quick-cooking grits uncooked
- ☐ 0.1 teaspoon salt
- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon shallots minced
- ☐ 3 shallots minced
- ☐ 6 servings shrimp sauce
- ☐ 0.3 cup butter unsalted
- ☐ 1 tablespoon butter unsalted
- ☐ 3 tablespoons butter unsalted cubed

Equipment

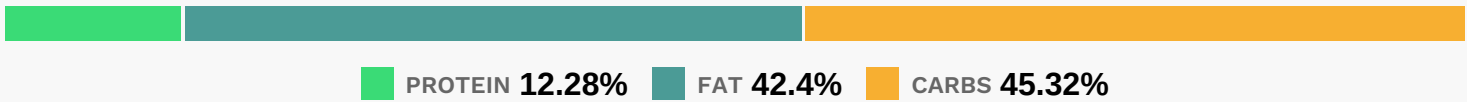
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Prepare Grits: Preheat oven to 35
- ☐ Bring milk, 1/4 cup butter, and 4 cups water to a boil in an ovenproof Dutch oven over medium-high heat.

- ☐ Whisk in grits; bring mixture to a boil, whisking occasionally. Cover and bake 45 minutes or until grits are creamy, whisking every 15 minutes.
- ☐ Meanwhile, melt 1 Tbsp. butter in a large skillet over medium heat; add 4 garlic cloves and 3 shallots, and saut 3 1/2 minutes or until shallots are translucent.
- ☐ Add wine, stirring to loosen particles from bottom of skillet. Cook, stirring often, 4 minutes or until liquid is reduced by two-thirds; fold into hot cooked grits. Stir in cheese and next 3 ingredients.
- ☐ Prepare Shrimp Sauce: Peel shrimp; devein, if desired.
- ☐ Sprinkle shrimp with 1/8 tsp. each salt and pepper.
- ☐ Cook shrimp, in 2 batches, in 2 Tbsp. hot oil in a large skillet over medium-high heat 2 minutes on each side or just until shrimp turn pink.
- ☐ Remove shrimp from skillet.
- ☐ Saut 3 garlic cloves and 1 Tbsp. minced shallots in remaining 2 Tbsp. hot oil in skillet over medium-high heat 1 minute.
- ☐ Add tomatoes and next 4 ingredients. Cook, stirring often, 5 to 7 minutes or until tomatoes begin to break apart.
- ☐ Remove from heat. Stir in shrimp and 3 Tbsp. butter.
- ☐ Serve with chives.

Nutrition Facts



Properties

Glycemic Index:59.83, Glycemic Load:2.14, Inflammation Score:-8, Nutrition Score:18.588260733563%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin:

1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 651.32kcal (32.57%), Fat: 30.17g (46.41%), Saturated Fat: 13.56g (84.77%), Carbohydrates: 72.55g (24.18%), Net Carbohydrates: 68.96g (25.08%), Sugar: 7.07g (7.86%), Cholesterol: 119.58mg (39.86%), Sodium: 1113.27mg (48.4%), Alcohol: 3.09g (100%), Alcohol %: 1.1% (100%), Protein: 19.66g (39.32%), Selenium: 26.82µg (38.32%), Phosphorus: 375.88mg (37.59%), Vitamin C: 22.14mg (26.84%), Vitamin A: 1302.01IU (26.04%), Vitamin B1: 0.36mg (24.02%), Vitamin B6: 0.46mg (22.88%), Folate: 87.27µg (21.82%), Calcium: 208.95mg (20.89%), Vitamin E: 2.95mg (19.68%), Manganese: 0.39mg (19.56%), Vitamin B3: 3.74mg (18.72%), Vitamin B2: 0.3mg (17.46%), Vitamin B12: 1.03µg (17.15%), Magnesium: 65.87mg (16.47%), Iron: 2.8mg (15.55%), Potassium: 543.3mg (15.52%), Fiber: 3.59g (14.38%), Copper: 0.26mg (13.11%), Vitamin K: 13.42µg (12.78%), Zinc: 1.89mg (12.58%), Vitamin B5: 0.92mg (9.21%), Vitamin D: 1.04µg (6.96%)