

Italian-Style Shrimp and Grits with SeaPak

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-baked-shrimp-scampi-recipe>

Ingredients:

- 1 package shrimp scampi SeaPak
- 5 tomatoes
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 cup cornmeal course ground, sold as polenta or grits
- 3 cups water
- 1 teaspoon salt
- 2 tablespoons unsalted butter
- 1 cup provolone cheese shredded
- 1/4 cup flat leaf parsley chopped

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 40 milligrams
4. Fat: 23 grams
5. Fiber: 4 grams
6. Protein: 13 grams
7. SaturatedFat: 10 grams
8. Sodium: 1200 milligrams
9. Sugar: 9 grams

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