

Paleo Shrimp and Grits (Whole30)

Yield: 2 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-style-deep-fried-shrimp-recipe-allrecipes-com>

Ingredients:

- 1 pound large shrimp peeled and deveined
- 3 tablespoons Cajun seasoning
- salt if there is no salt in the Cajun seasoning
- 2 tablespoons ghee or butter, for shrimp
- 12 ounces frozen cauliflower
- 1 clove garlic chopped
- 2 tablespoons ghee or butter, for cauliflower "grits"
- salt to taste, for cauliflower "grits"

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 345 milligrams
4. Fat: 25 grams
5. Fiber: 4 grams
6. Protein: 50 grams
7. Sodium: 1150 milligrams
8. Sugar: 4 grams

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