

# Shrimp & Grits

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/shrimp-meal-prep-recipes>

## Ingredients:

- 4 cups water
- salt
- pepper
- 1 cup stone ground grits
- 3 tablespoons butter
- 2 cups shredded sharp cheddar cheese
- 1 pound shrimp peeled and deveined
- 6 slices bacon crumbled
- 4 teaspoons lemon juice
- 2 tablespoons fresh parsley chopped
- 1 bunch green onions chopped
- 1 clove garlic minced

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 285 milligrams
4. Fat: 49 grams
5. Fiber: 1 grams
6. Protein: 43 grams
7. SaturatedFat: 24 grams
8. Sodium: 1140 milligrams
9. Sugar: 1 grams

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