

Southern Keto Shrimp & Grits

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-fried-cauliflower-recipe>

Ingredients:

- 5 slices bacon chopped
- 1 green bell pepper
- 1 onion
- 1 tablespoon Old Bay Seasoning
- 1 pound shrimp uncooked, peeled and deveined
- 4 cups cauliflower riced or mashed
- 2 tablespoons butter
- 4 tablespoons minced garlic
- 1 cup cheddar cheese shredded
- 1 teaspoon salt and pepper optional

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 240 milligrams
4. Fat: 33 grams
5. Fiber: 3 grams
6. Protein: 37 grams
7. SaturatedFat: 15 grams
8. Sodium: 1300 milligrams
9. Sugar: 4 grams

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