

Valentines Day Dinner for Two

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-valentines-dinner>

Ingredients:

- 1 cup grits 'quick 5-minute'
- 3 1/2 cups chicken broth
- 14 ounces diced tomatoes can petite, ; drain and save the juice separately
- Old Bay Seasoning
- 1 1/2 pounds shrimp medium sized, peeled and de-veined
- fresh cilantro optional
- parmigiano reggiano cheese optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 260 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 44 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 380 milligrams
9. Sugar: 3 grams

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