



Baked Orzo with Shrimp, Tomato Sauce, and Feta

READY IN



65 min.

SERVINGS



6

CALORIES



702 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 28 ounce canned tomatoes crushed canned
- 0.5 cup cooking wine dry white
- 3 cups feta dry crumbled
- 3 garlic cloves minced
- 0.5 cup kalamata black pitted chopped
- 2 tablespoons olive oil
- 1 medium onion finely chopped
- 0.5 teaspoon oregano dried crumbled

- 1 pound orzo pasta) (rice-shaped
- 0.3 teaspoon pepper flakes dried red hot
- 1 teaspoon salt
- 1.5 pounds shrimp shelled deveined (36)

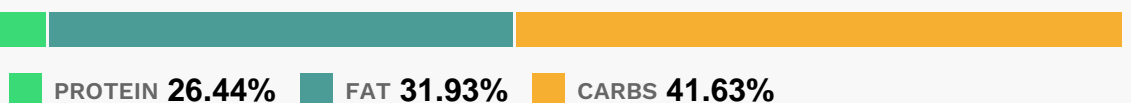
Equipment

- oven
- pot
- sieve
- glass baking pan

Directions

- Preheat oven to 425 degrees F.
- Cook onion, garlic, oregano, and red pepper flakes in 1 tablespoon oil in a 4-quart heavy pot over moderately high heat, stirring, until onion is softened, about 3 minutes.
- Add wine and boil until reduced by 1/2, about 3 minutes. Stir in tomatoes and salt, then reduce heat, and simmer briskly, stirring frequently, until slightly thickened, about 8 minutes. Stir shrimp into sauce and simmer, stirring occasionally, until shrimp are just cooked through, about 3 minutes.
- While sauce and shrimp are cooking, cook orzo in a 6-quart pot of boiling salted water until al dente. Reserve 1/2 cup cooking water, then drain orzo in a sieve. Return orzo to pot and toss with remaining tablespoon oil. Stir in sauce with shrimp and reserved cooking water, then add olives and salt and pepper, to taste.
- Spoon 1/2 of pasta into an oiled 13 by 9 by 2-inch glass baking dish, then sprinkle with 1/2 of feta. Top with remaining pasta and feta, then bake in middle of oven, uncovered, until cheese is slightly melted and pasta is heated through, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:26.79, Inflammation Score:-8, Nutrition Score:29.605217311693%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 702.16kcal (35.11%), Fat: 24.65g (37.92%), Saturated Fat: 11.24g (70.24%), Carbohydrates: 72.32g (24.11%), Net Carbohydrates: 66.57g (24.21%), Sugar: 8.9g (9.89%), Cholesterol: 249.32mg (83.11%), Sodium: 1735.68mg (75.46%), Alcohol: 2.06g (100%), Alcohol %: 0.58% (100%), Protein: 45.92g (91.85%), Selenium: 60.27µg (86.11%), Phosphorus: 692.8mg (69.28%), Manganese: 1.08mg (53.83%), Calcium: 520.99mg (52.1%), Copper: 0.96mg (47.8%), Vitamin B2: 0.76mg (44.66%), Zinc: 5.19mg (34.59%), Vitamin B6: 0.68mg (34.07%), Magnesium: 126.5mg (31.62%), Potassium: 957.65mg (27.36%), Fiber: 5.75g (22.99%), Iron: 4.06mg (22.55%), Vitamin B12: 1.27µg (21.13%), Vitamin E: 3.04mg (20.26%), Vitamin B1: 0.3mg (19.87%), Vitamin B3: 3.74mg (18.71%), Vitamin C: 14mg (16.97%), Folate: 59.29µg (14.82%), Vitamin B5: 1.46mg (14.64%), Vitamin A: 673.2IU (13.46%), Vitamin K: 12.71µg (12.1%), Vitamin D: 0.3µg (2%)