



Baked Shrimp in Tomato Feta Sauce



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 medium onion chopped
- ☐ 2 cloves garlic minced
- ☐ 29 ounce tomatoes diced canned
- ☐ 0.3 cup parsley fresh minced
- ☐ 1 tablespoon optional: dill dried fresh minced
- ☐ 1 pounds shrimp raw frozen thaw deveined peeled (can leave tails on)
- ☐ 1 pinch salt to taste

- ☐ 1 pinch pepper black to taste
- ☐ 3 ounces feta cheese crumbled ()

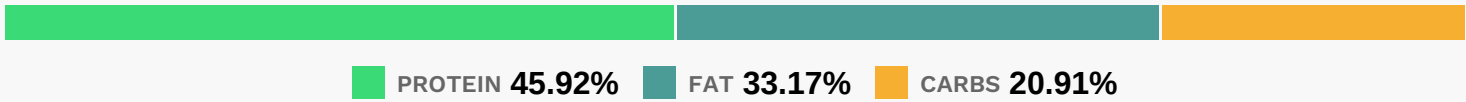
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425°F.
- ☐ Sauté onions and garlic: Coat the bottom of a large, oven-proof skillet with oil and heat it on medium high heat. Stir in the onions and cook until softened, 3-5 minutes.
- ☐ Add the garlic and cook until fragrant, about 30 seconds more.
- ☐ Add tomatoes, simmer:
- ☐ Add the tomatoes and bring to a simmer, reduce heat and let simmer for 5-10 minutes, until the juices thicken up a bit.
- ☐ Add feta, shrimp, herbs, put in oven and bake:
- ☐ Remove from heat. Stir in the herbs, shrimp, feta cheese, and salt and pepper to taste.
- ☐ Place pan in oven and bake, uncovered, until shrimp are cooked through, about 10-12 minutes.
- ☐ Serve immediately.
- ☐ Serve with crusty French or Italian loaf bread, pasta, or rice.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:17.66913058706%

Flavonoids

Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.65mg, Myricetin:

0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 235.16kcal (11.76%), Fat: 9.02g (13.87%), Saturated Fat: 3.48g (21.76%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 10g (3.64%), Sugar: 6.1g (6.78%), Cholesterol: 201.49mg (67.16%), Sodium: 686.03mg (29.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.08g (56.15%), Vitamin K: 70.13µg (66.79%), Phosphorus: 369.93mg (36.99%), Vitamin C: 26.98mg (32.7%), Copper: 0.62mg (30.84%), Calcium: 268.86mg (26.89%), Potassium: 791.08mg (22.6%), Vitamin B6: 0.39mg (19.31%), Iron: 3.43mg (19.03%), Magnesium: 74.76mg (18.69%), Vitamin B2: 0.31mg (18.08%), Zinc: 2.55mg (16.99%), Manganese: 0.3mg (15.05%), Vitamin A: 690.8IU (13.82%), Vitamin E: 1.98mg (13.17%), Fiber: 2.79g (11.15%), Vitamin B1: 0.15mg (9.82%), Vitamin B3: 1.79mg (8.93%), Folate: 34.22µg (8.56%), Vitamin B12: 0.36µg (5.99%), Selenium: 3.75µg (5.36%), Vitamin B5: 0.51mg (5.06%)