



Baked Shrimp with Feta and Tomato

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 0.8 cup vermouth dry
- ☐ 4 ounces feta crumbled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.8 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper flakes red crushed

- ☐ 6 servings salt to taste
- ☐ 1.5 pounds shrimp deveined peeled

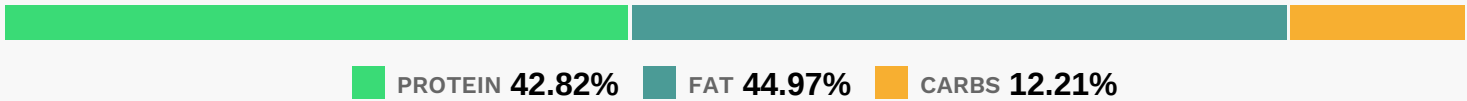
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Put the butter and garlic into a large skillet, and place over medium-high heat. Once the butter has melted and the garlic begins to sizzle, stir in the shrimp, red pepper flakes, and oregano. Cook until the shrimp are firm and opaque, about 5 minutes. Season with salt, then stir in the chopped parsley, and pour into a casserole dish.
- ☐ Pour vermouth into the skillet, and simmer until reduced by half.
- ☐ Add chopped tomatoes and continue cooking until heated through. Spoon tomato mixture on top of the shrimp and sprinkle with crumbled feta cheese.
- ☐ Bake in preheated oven until the cheese softens and turns golden brown, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:1.76, Inflammation Score:-7, Nutrition Score:12.553043552067%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 264kcal (13.2%), Fat: 12.55g (19.31%), Saturated Fat: 7.53g (47.05%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 6.12g (2.23%), Sugar: 3.07g (3.41%), Cholesterol: 219.73mg (73.24%), Sodium: 698.5mg (30.37%), Alcohol: 2.85g (100%), Alcohol %: 1.47% (100%), Protein: 26.89g (53.79%), Vitamin K: 47.3µg (45.05%), Phosphorus: 334.67mg (33.47%), Copper: 0.59mg (29.25%), Calcium: 201.56mg (20.16%), Zinc: 2.31mg (15.4%), Potassium: 538.11mg (15.37%), Magnesium: 59.56mg (14.89%), Vitamin A: 703.1IU (14.06%), Vitamin C: 10.05mg (12.18%), Vitamin B2: 0.2mg (12.02%), Iron: 1.89mg (10.5%), Manganese: 0.21mg (10.44%), Vitamin B6: 0.21mg (10.32%), Vitamin E: 1.21mg (8.05%), Fiber: 1.55g (6.19%), Vitamin B1: 0.09mg (5.76%), Vitamin B12: 0.34µg (5.59%), Vitamin B3: 1.09mg (5.46%), Selenium: 3.56µg (5.09%), Folate: 19.69µg (4.92%), Vitamin B5: 0.4mg (4.05%)