



Baked Shrimp with Tomatoes

READY IN



30 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black divided
- ☐ 2 ounce bread french
- ☐ 4 teaspoons butter divided
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 4 teaspoons olive oil divided
- ☐ 0.1 teaspoon salt divided
- ☐ 1 pound shrimp deveined peeled

☐ 2 small tomatoes cut into 1/4-inch-thick slices (11 ounces)

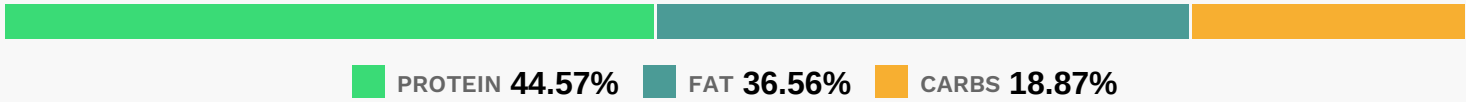
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place bread in a food processor; pulse until fine crumbs measure 1 cup.
- ☐ Combine breadcrumbs, parsley, and garlic.
- ☐ Heat 2 teaspoons butter and 2 teaspoons oil in a large skillet over medium-high heat.
- ☐ Add breadcrumb mixture; cook 3 minutes or until golden brown and garlic is fragrant, stirring frequently.
- ☐ Coat 4 individual gratin dishes with remaining 2 teaspoons oil. Arrange shrimp in a single layer in dishes; sprinkle with dash of salt and dash of pepper.
- ☐ Sprinkle with 1/2 cup breadcrumb mixture; top with tomato slices.
- ☐ Sprinkle with remaining dash of salt and dash of pepper. Top with remaining 1/2 cup breadcrumb mixture; dot with remaining 2 teaspoons butter.
- ☐ Bake at 450 for 12 minutes or until the shrimp are done.
- ☐ Drizzle with vinegar.

Nutrition Facts



Properties

Glycemic Index:78.13, Glycemic Load:6.69, Inflammation Score:-6, Nutrition Score:12.439130322441%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 221.82kcal (11.09%), Fat: 9.11g (14.02%), Saturated Fat: 3.33g (20.83%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 9.53g (3.47%), Sugar: 2.65g (2.95%), Cholesterol: 193.32mg (64.44%), Sodium: 331.54mg (14.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.99g (49.99%), Vitamin K: 88.57µg (84.35%), Phosphorus: 274.77mg (27.48%), Copper: 0.5mg (25.18%), Vitamin A: 925.57IU (18.51%), Vitamin C: 13.12mg (15.9%), Potassium: 462.18mg (13.21%), Magnesium: 52.73mg (13.18%), Zinc: 1.82mg (12.11%), Manganese: 0.2mg (9.94%), Calcium: 95.67mg (9.57%), Iron: 1.66mg (9.2%), Vitamin B1: 0.12mg (8.24%), Folate: 32.04µg (8.01%), Vitamin E: 1.01mg (6.71%), Selenium: 4.22µg (6.03%), Vitamin B3: 1.03mg (5.14%), Vitamin B2: 0.08mg (4.51%), Fiber: 1.05g (4.22%), Vitamin B6: 0.07mg (3.28%), Vitamin B5: 0.12mg (1.19%)