



Baked Shrimp with Tomatoes and Feta

 Gluten Free

READY IN



36 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 ounces feta cheese crumbled
- ☐ 1 tablespoon optional: dill fresh finely minced
- ☐ 0.3 cup flat-leaf parsley fresh finely minced
- ☐ 2 teaspoons garlic minced
- ☐ 29 ounce no-salt-added tomatoes diced with their juices canned
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion diced

- ☐ 0.3 teaspoon salt
- ☐ 1.3 pounds shrimp deveined peeled

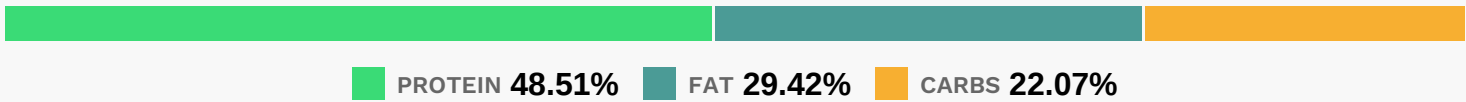
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Heat the oil in an oven proof skillet over a medium-high heat.
- ☐ Add the onion and cook, stirring, until softened, about 3 minutes, then add the garlic and cook for 1 minute.
- ☐ Add the tomatoes and bring to a boil. Reduce the heat to medium-low and let simmer for about 5 minutes, until the tomato juices thicken.
- ☐ Remove from the heat. Stir in the parsley, dill, and shrimp and season with salt and pepper.
- ☐ Sprinkle the feta over the top.
- ☐ Bake until the shrimp are cooked through and cheese melts, about 12 minutes.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:1.65, Inflammation Score:-7, Nutrition Score:19.067826159622%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg

Nutrients (% of daily need)

Calories: 270.65kcal (13.53%), Fat: 9.16g (14.1%), Saturated Fat: 3.52g (22.03%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 12.21g (4.44%), Sugar: 7.48g (8.31%), Cholesterol: 247.14mg (82.38%), Sodium: 581.88mg (25.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34g (67.99%), Vitamin K: 70.42µg (67.07%), Phosphorus: 436.18mg (43.62%), Copper: 0.74mg (36.91%), Vitamin C: 29.1mg (35.27%), Calcium: 281.83mg (28.18%), Potassium: 890.65mg (25.45%), Magnesium: 84.78mg (21.2%), Vitamin B6: 0.41mg (20.64%), Zinc: 2.96mg (19.75%), Vitamin B2: 0.31mg (18.5%), Iron: 3.29mg (18.29%), Manganese: 0.34mg (16.85%), Vitamin E: 1.98mg (13.22%), Vitamin A: 655.84IU (13.12%), Fiber: 3.26g (13.06%), Vitamin B1: 0.16mg (10.62%), Folate: 40.56µg (10.14%), Vitamin B3: 1.81mg (9.03%), Vitamin B12: 0.36µg (5.99%), Selenium: 3.92µg (5.6%), Vitamin B5: 0.55mg (5.48%)