



Easy Shrimp Skillet

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup canned tomatoes diced undrained ()
- 1.5 cups rice long-grain white hot cooked
- 0.5 cup athenos feta cheese crumbled traditional
- 1 Tbsp oil
- 0.5 lb shrimp frozen thawed cleaned uncooked
- 2 Tbsp sun tomato vinaigrette dressing dried kraft
- 2 small zucchini sliced

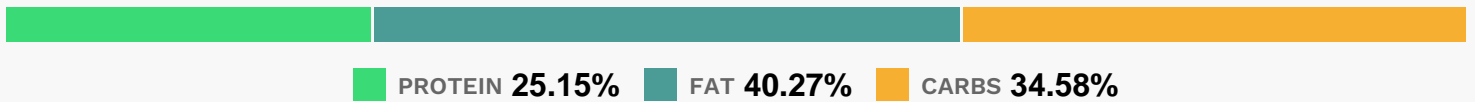
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add zucchini; cook and stir 1 min.
- Add shrimp; cook 8 to 10 min. or until shrimp turn pink, stirring frequently.
- Stir in tomatoes and dressing; cook on medium-low heat 3 to 4 min. or until heated through, stirring occasionally. Top with cheese.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:3.91, Inflammation Score:-1, Nutrition Score:2.4078261013264%

Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 54.23kcal (2.71%), Fat: 2.47g (3.8%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 4.38g (1.59%), Sugar: 0.87g (0.97%), Cholesterol: 21.59mg (7.2%), Sodium: 73.29mg (3.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Manganese: 0.1mg (5.19%), Phosphorus: 50.36mg (5.04%), Copper: 0.08mg (4.11%), Vitamin C: 3.23mg (3.91%), Calcium: 32.93mg (3.29%), Vitamin B6: 0.06mg (3.22%), Vitamin K: 3.3µg (3.14%), Vitamin B2: 0.05mg (2.97%), Potassium: 102.79mg (2.94%), Magnesium: 10.65mg (2.66%), Zinc: 0.39mg (2.59%), Vitamin E: 0.37mg (2.49%), Selenium: 1.57µg (2.25%), Iron: 0.31mg (1.71%), Fiber: 0.4g (1.58%), Vitamin B1: 0.02mg (1.5%), Folate: 5.96µg (1.49%), Vitamin B3: 0.29mg (1.43%), Vitamin B5: 0.14mg (1.4%), Vitamin A: 65.44IU (1.31%), Vitamin B12: 0.06µg (1.06%)