



WHATSheATE

Feta Shrimp Soup



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 ounce bottled clam juice
- ☐ 1 cup cooking wine dry white
- ☐ 4 ounces feta cheese crumbled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped

- ☐ 0.8 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper
- ☐ 5 roma tomatoes peeled chopped (plum)
- ☐ 1 pinch salt
- ☐ 1 pound shrimp deveined peeled

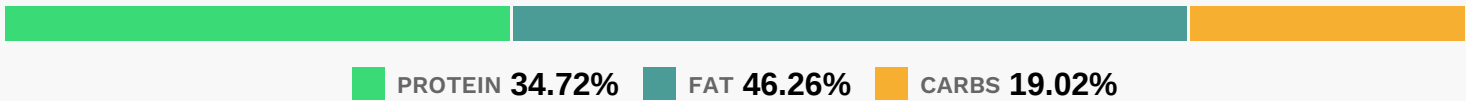
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Melt the butter and heat the olive oil in a large pot over medium heat. Stir in the onion and garlic, and cook until tender.
- ☐ Mix in the tomatoes, clam juice, and wine. Season with oregano, salt, and pepper. Bring to a boil, reduce heat to low, and simmer 10 minutes.
- ☐ Transfer soup in batches to a blender, and puree until smooth. Return to the pot, and stir in feta cheese. Continue cooking 10 minutes.
- ☐ Stir the shrimp into the soup, and continue cooking 3 minutes, or until shrimp are opaque.
- ☐ Mix in parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:2.1, Inflammation Score:-9, Nutrition Score:16.94086948685%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 365.06kcal (18.25%), Fat: 16.87g (25.95%), Saturated Fat: 6.7g (41.87%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 13.6g (4.95%), Sugar: 5.72g (6.36%), Cholesterol: 215.33mg (71.78%), Sodium: 706.19mg (30.7%), Alcohol: 6.18g (100%), Alcohol %: 2.06% (100%), Protein: 28.48g (56.96%), Vitamin K: 75.71µg (72.1%), Phosphorus: 388.08mg (38.81%), Copper: 0.54mg (27.18%), Vitamin C: 20.95mg (25.4%), Vitamin A: 1261.49IU (25.23%), Calcium: 252.25mg (25.23%), Potassium: 669.58mg (19.13%), Zinc: 2.71mg (18.04%), Magnesium: 68.95mg (17.24%), Manganese: 0.34mg (16.96%), Vitamin B2: 0.29mg (16.83%), Vitamin B6: 0.31mg (15.33%), Vitamin E: 1.73mg (11.51%), Iron: 1.75mg (9.71%), Folate: 37.84µg (9.46%), Vitamin B12: 0.5µg (8.37%), Fiber: 2g (8.01%), Vitamin B1: 0.11mg (7.15%), Selenium: 4.96µg (7.08%), Vitamin B3: 1.05mg (5.25%), Vitamin B5: 0.49mg (4.86%)