



WHATSheATE

Feta Stuffed Shrimp

READY IN



35 min.

SERVINGS



4

CALORIES



361 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 7 tablespoons butter melted
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 large egg yolk beaten
- ☐ 0.3 cup feta crumbled
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)

- ☐ 2 tablespoons roasted pepper red finely chopped
- ☐ 1 pound shrimp fresh unpeeled (16)

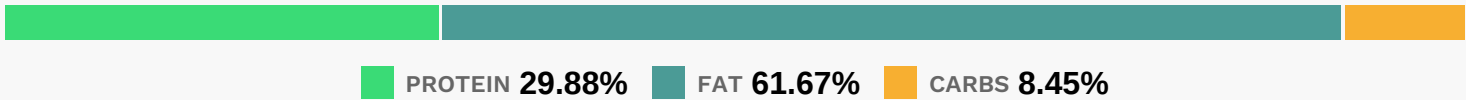
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F. Lightly spray a shallow baking dish with cooking spray.
- ☐ Peel the shrimp, leaving the tails intact. With a sharp knife, carefully slice the spine of each shrimp from head to tail, cutting almost all the way through the shrimp.
- ☐ Remove the dark vein, and rinse the shrimp. With your fingers, carefully spread apart the shrimp and flatten the halves on a flat surface.
- ☐ In a small bowl, combine the panko, feta, parsley, roasted red pepper, lemon juice, garlic, lemon zest, egg yolk and 4 tablespoons melted butter; stir well. Spoon about 1 tablespoon of the panko mixture onto each butterflied shrimp, mounding it if necessary.
- ☐ Place the stuffed shrimp in the prepared dish.
- ☐ Pour the wine and the remaining 3 tablespoons melted butter around the shrimp in the baking dish.
- ☐ Bake until the shrimp are pink and firm.
- ☐ Transfer the shrimp to serving plates and drizzle with the pan juices.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:10.510000052659%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 360.72kcal (18.04%), Fat: 24.04g (36.98%), Saturated Fat: 14.46g (90.37%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 6.87g (2.5%), Sugar: 0.82g (0.92%), Cholesterol: 289.49mg (96.5%), Sodium: 559.81mg (24.34%), Alcohol: 2.06g (100%), Alcohol %: 1.35% (100%), Protein: 26.21g (52.41%), Vitamin K: 35.3µg (33.62%), Phosphorus: 316.81mg (31.68%), Copper: 0.49mg (24.26%), Vitamin A: 920.45IU (18.41%), Calcium: 153.39mg (15.34%), Zinc: 2.09mg (13.92%), Magnesium: 49.66mg (12.42%), Potassium: 373.74mg (10.68%), Vitamin C: 8.11mg (9.83%), Vitamin B2: 0.15mg (8.76%), Selenium: 6.08µg (8.68%), Manganese: 0.16mg (8.14%), Iron: 1.39mg (7.71%), Vitamin B1: 0.1mg (6.85%), Folate: 23.19µg (5.8%), Vitamin B12: 0.31µg (5.15%), Vitamin B6: 0.1mg (5.04%), Vitamin E: 0.72mg (4.82%), Vitamin B3: 0.7mg (3.5%), Vitamin B5: 0.32mg (3.16%), Fiber: 0.55g (2.18%), Vitamin D: 0.27µg (1.78%)