

## Garithes Yiouvetsi

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 4 ounces feta cheese crumbled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic crushed
- ☐ 0.8 cup green onion chopped
- ☐ 1 medium onion finely chopped
- ☐ 1 tablespoon oregano fresh chopped

- ☐ 8 servings salt and pepper to taste
- ☐ 2 pounds shrimp uncooked peeled
- ☐ 2 cups tomatoes peeled chopped

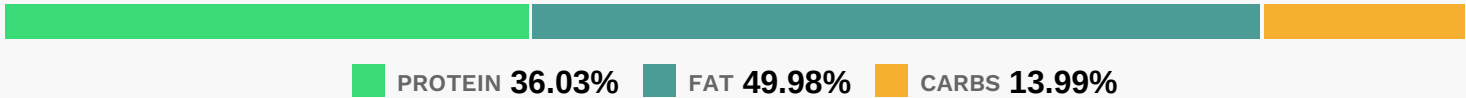
## Equipment

- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oil in a skillet over medium heat.
- ☐ Saute onion in oil until transparent. Stir in green onions and garlic; cook, stirring frequently, for 2 more minutes. Stir in tomatoes, wine, most of the parsley, oregano, and salt and pepper to taste. Cover, and simmer gently for 30 minutes.
- ☐ Preheat oven to 500 degrees F (260 degrees C).
- ☐ Spread half the sauce on the bottom of a large oven dish. Arrange shrimp evenly over sauce, and pour the remaining sauce on top.
- ☐ Sprinkle with feta cheese.
- ☐ Cook in preheated oven for 10 to 15 minutes, until shrimp are pink and the feta is melted and lightly browned.
- ☐ Sprinkle with remaining parsley, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:21, Glycemic Load:0.73, Inflammation Score:-8, Nutrition Score:15.987391259359%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg

4.05mg, Apigenin: 4.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 214.4kcal (10.72%), Fat: 11.35g (17.46%), Saturated Fat: 3.01g (18.84%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 5.72g (2.08%), Sugar: 2.42g (2.69%), Cholesterol: 155.5mg (51.83%), Sodium: 1087.29mg (47.27%), Alcohol: 1.54g (100%), Alcohol %: 0.83% (100%), Protein: 18.41g (36.81%), Vitamin K: 60.72µg (57.83%), Selenium: 36.03µg (51.47%), Phosphorus: 349.18mg (34.92%), Vitamin B12: 1.5µg (24.97%), Vitamin E: 3.12mg (20.81%), Vitamin B6: 0.36mg (17.83%), Calcium: 175.1mg (17.51%), Copper: 0.28mg (13.76%), Vitamin B3: 2.72mg (13.62%), Vitamin C: 11.1mg (13.46%), Vitamin A: 596.53IU (11.93%), Zinc: 1.72mg (11.44%), Vitamin B2: 0.19mg (11.12%), Folate: 44µg (11%), Magnesium: 41.81mg (10.45%), Potassium: 327.71mg (9.36%), Manganese: 0.18mg (9.03%), Iron: 1.52mg (8.45%), Vitamin B5: 0.61mg (6.08%), Vitamin B1: 0.09mg (5.86%), Fiber: 1.42g (5.68%), Vitamin D: 0.17µg (1.13%)