



Greek Pasta with Shrimp, Feta, Tomatoes, and Olives

READY IN



30 min.

SERVINGS



6

CALORIES



494 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces feta cheese crumbled
- 3 medium garlic clove coarsely chopped
- 0.3 cup kalamata olives pitted coarsely chopped
- 6 servings kosher salt
- 2 tablespoons olive oil
- 0.3 cup ouzo
- 1 medium onion red
- 0.5 teaspoon pepper red

- 1 pound roma tomatoes cored (4 medium)
- 1 pound .5 oz. macaroni such as fusilli or penne
- 1 pound shrimp deveined peeled

Equipment

- frying pan
- pot

Directions

- Bring a large pot of heavily salted water to a boil.
- Add the pasta and cook according to the package directions.
- Drain, return to the pot, and set aside. Meanwhile, prepare the sauce and shrimp.
- Heat the oil in a large frying pan over medium heat until shimmering.
- Add the onion, season with salt, and cook, stirring occasionally, until softened, about 6 minutes.
- Add the garlic and red pepper flakes, stir to combine, and cook until fragrant, about 1 minute.
- Add the shrimp, increase the heat to medium high, and stir to combine. Pat the shrimp into an even layer and cook, stirring occasionally, until they're almost cooked through and starting to turn pink, about 2 minutes.
- Remove the pan from the heat, carefully add the ouzo, and return to medium-high heat. Cook until the alcohol smell has cooked off and the liquid has almost completely evaporated, about 1 minute.
- Add the tomatoes and stir to combine. Cook, stirring occasionally, until the tomatoes are warmed through and the liquid is simmering around the edges, about 1 minute.
- Transfer the shrimp mixture to the pot with the reserved pasta and add the feta and olives. Stir to combine, taste, and season with salt as needed.
- Serve immediately.

Nutrition Facts



PROTEIN 24.49% **FAT 22.2%** **CARBS 53.31%**

Properties

Glycemic Index:22.83, Glycemic Load:1.49, Inflammation Score:-7, Nutrition Score:17.53478253406%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 493.69kcal (24.68%), Fat: 11.61g (17.85%), Saturated Fat: 3.63g (22.69%), Carbohydrates: 62.7g (20.9%), Net Carbohydrates: 58.73g (21.36%), Sugar: 4.85g (5.39%), Cholesterol: 138.53mg (46.18%), Sodium: 628.44mg (27.32%), Alcohol: 3.34g (100%), Alcohol %: 1.47% (100%), Protein: 28.8g (57.6%), Selenium: 51.02µg (72.89%), Manganese: 0.86mg (43.18%), Phosphorus: 395.31mg (39.53%), Copper: 0.59mg (29.46%), Magnesium: 81.72mg (20.43%), Zinc: 2.82mg (18.77%), Calcium: 176.54mg (17.65%), Potassium: 598.52mg (17.1%), Fiber: 3.97g (15.9%), Vitamin A: 788.89IU (15.78%), Vitamin C: 12.18mg (14.77%), Vitamin B6: 0.29mg (14.72%), Vitamin B2: 0.23mg (13.43%), Iron: 1.86mg (10.36%), Vitamin E: 1.55mg (10.34%), Vitamin B3: 1.99mg (9.96%), Vitamin B1: 0.14mg (9.28%), Vitamin K: 9.58µg (9.12%), Folate: 34.8µg (8.7%), Vitamin B5: 0.61mg (6.11%), Vitamin B12: 0.32µg (5.32%)