



WHATSheATE



Greek Shrimp and Couscous

READY IN



30 min.

SERVINGS



4

CALORIES



1094 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 1 small bulb fennel cored halved sliced
- ☐ 2 ounces feta cheese crumbled
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 15 ounce no-salt-added chickpeas drained and rinsed canned
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 medium plum tomatoes diced
- ☐ 1 pinch pepper flakes red

- ☐ 2 scallions sliced
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 cup couscous whole-wheat

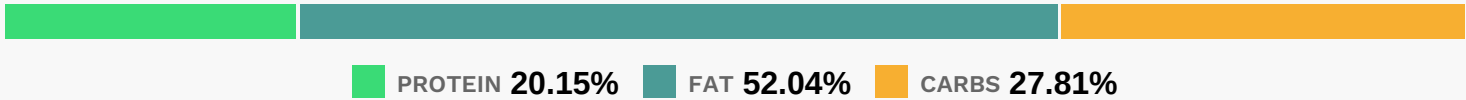
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Prepare the couscous as the label directs. Cover and keep warm until ready to serve. Meanwhile, heat 1 tablespoon olive oil in a large ovenproof skillet over medium-high heat.
- ☐ Add the shrimp and red pepper flakes and cook, stirring occasionally, until the shrimp are pink, about 3 minutes.
- ☐ Transfer to a plate using a slotted spoon. Preheat the broiler.
- ☐ Heat the remaining 1 tablespoon olive oil in the skillet.
- ☐ Add the tomatoes, fennel and garlic and cook, stirring occasionally, until the vegetables are tender, about 4 minutes.
- ☐ Add the wine and bring to a simmer, then add the chickpeas and 1/3 cup water; cook, stirring occasionally, until the chickpeas are slightly softened, about 3 minutes. Return the shrimp to the skillet and add the scallions and 1 tablespoon dill. Top with the feta, transfer to the broiler and broil until golden, about 2 minutes.
- ☐ Sprinkle with the remaining 1 tablespoon dill. Fluff the couscous with a fork and serve with the shrimp mixture.
- ☐ Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:34.522609218307%

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: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 1093.91kcal (54.7%), Fat: 66.51g (102.32%), Saturated Fat: 13.98g (87.38%), Carbohydrates: 79.98g (26.66%), Net Carbohydrates: 67.1g (24.4%), Sugar: 15.66g (17.4%), Cholesterol: 195.19mg (65.06%), Sodium: 349.47mg (15.19%), Alcohol: 2.06g (100%), Alcohol %: 0.63% (100%), Protein: 57.93g (115.87%), Manganese: 1.81mg (90.4%), Vitamin E: 11.26mg (75.05%), Vitamin B3: 14.7mg (73.48%), Phosphorus: 691.59mg (69.16%), Magnesium: 238.06mg (59.52%), Vitamin K: 56.53µg (53.84%), Fiber: 12.89g (51.55%), Copper: 0.96mg (48.21%), Potassium: 1255.84mg (35.88%), Zinc: 4.83mg (32.22%), Vitamin B6: 0.61mg (30.72%), Folate: 121.86µg (30.47%), Iron: 5.14mg (28.54%), Calcium: 256.42mg (25.64%), Vitamin B2: 0.36mg (21.1%), Vitamin C: 13.03mg (15.8%), Vitamin B5: 1.45mg (14.51%), Vitamin B1: 0.21mg (13.74%), Selenium: 7.17µg (10.24%), Vitamin A: 479.24IU (9.58%), Vitamin B12: 0.24µg (3.99%)