



Greek-Spiced Baked Shrimp

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce frangelico whole drained chopped canned
- ☐ 2 tablespoons optional: dill chopped
- ☐ 0.7 cup feta cheese crumbled
- ☐ 2 garlic clove finely chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 medium onion chopped

- ☐ 0.5 teaspoon pepper hot
- ☐ 4 servings rice white green steamed
- ☐ 1.3 pound shrimp deveined peeled
- ☐ 1 pinch sugar

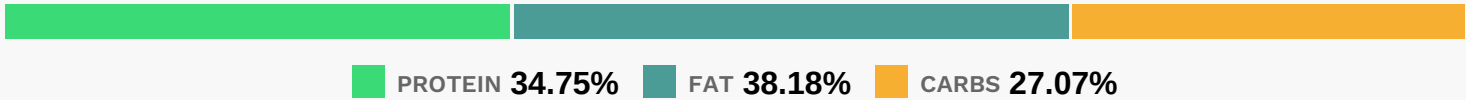
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Cook onion and garlic in oil with 1/4 teaspoon salt in a 4-quart heavy saucepan over medium heat until softened, about 5 minutes. Stir in spices and cook, stirring, 30 seconds.
- ☐ Add chopped tomatoes with juice and sugar and simmer, uncovered, stirring occasionally, until slightly thickened, about 20 minutes.
- ☐ Remove from heat.
- ☐ Season shrimp with 1/8 teaspoon salt, then stir into tomato sauce.
- ☐ Transfer to a 2-quart shallow baking dish and top with feta.
- ☐ Bake until just cooked through, 18 to 20 minutes.
- ☐ Serve sprinkled with dill.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:74.52, Glycemic Load:25.07, Inflammation Score:-7, Nutrition Score:12.143912976203%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 398.19kcal (19.91%), Fat: 16.91g (26.01%), Saturated Fat: 5g (31.26%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 25.9g (9.42%), Sugar: 1.49g (1.66%), Cholesterol: 250.46mg (83.49%), Sodium: 460.38mg (20.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.62g (69.24%), Phosphorus: 433.01mg (43.3%), Copper: 0.64mg (31.82%), Manganese: 0.54mg (27.07%), Calcium: 235.59mg (23.56%), Zinc: 3.09mg (20.59%), Magnesium: 67.77mg (16.94%), Selenium: 10.09µg (14.41%), Vitamin B2: 0.23mg (13.74%), Potassium: 472.37mg (13.5%), Vitamin B6: 0.24mg (11.87%), Vitamin E: 1.7mg (11.31%), Iron: 1.29mg (7.14%), Vitamin B12: 0.42µg (7.04%), Vitamin K: 7.25µg (6.9%), Vitamin B5: 0.6mg (5.97%), Vitamin B1: 0.07mg (4.72%), Fiber: 1.07g (4.26%), Folate: 16.07µg (4.02%), Vitamin A: 197.16IU (3.94%), Vitamin C: 2.73mg (3.31%), Vitamin B3: 0.65mg (3.23%)