



Greek-Style Scampi

 **Gluten Free**

READY IN



41 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 ounces feta cheese crumbled
- 0.3 cup parsley fresh divided chopped
- 4 garlic clove minced
- 1.5 tablespoons juice of lemon fresh
- 58 ounce no salt added diced tomatoes whole peeled drained chopped canned
- 1 tablespoon olive oil
- 0.1 teaspoon salt

1.3 pounds shrimp deveined peeled

Equipment

frying pan

oven

baking pan

dutch oven

Directions

Preheat oven to 40

Heat a large Dutch oven over medium heat.

Add oil to pan; swirl to coat.

Add garlic; cook 30 seconds, stirring constantly.

Add 2 tablespoons parsley, salt, and tomatoes. Reduce heat, and simmer 7 minutes.

Add shrimp; cook 5 minutes.

Pour mixture into an 11 x 7-inch glass or ceramic baking dish; sprinkle with cheese.

Bake at 400 for 10 minutes.

Sprinkle with remaining 2 tablespoons parsley, lemon juice, and pepper.

Nutrition Facts



PROTEIN 46.64% **FAT 28.12%** **CARBS 25.24%**

Properties

Glycemic Index:30.25, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:24.226956567039%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 285.02kcal (14.25%), Fat: 9.39g (14.45%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 14.62g (5.32%), Sugar: 9.99g (11.1%), Cholesterol: 247.14mg (82.38%), Sodium: 527.61mg (22.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.05g (70.1%), Vitamin K: 76.17µg (72.54%), Vitamin C: 46.33mg (56.16%), Phosphorus: 460.51mg (46.05%), Copper: 0.86mg (43.09%), Potassium: 1200.51mg (34.3%), Calcium: 334.55mg (33.45%), Vitamin B6: 0.59mg (29.5%), Iron: 5.18mg (28.79%), Magnesium: 102.05mg (25.51%), Vitamin B2: 0.41mg (24.33%), Vitamin E: 3.38mg (22.52%), Manganese: 0.44mg (22.11%), Zinc: 3.17mg (21.11%), Vitamin A: 887.87IU (17.76%), Fiber: 4.35g (17.38%), Vitamin B3: 3.21mg (16.07%), Vitamin B1: 0.23mg (15.23%), Folate: 46.63µg (11.66%), Vitamin B5: 0.73mg (7.33%), Vitamin B12: 0.36µg (5.99%), Selenium: 4.04µg (5.77%)