



Greek-Style Shrimp Sauté

 Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 ounces feta cheese crumbled reduced-fat
- 0.3 cup basil fresh chopped
- 1 cup grape tomatoes halved
- 12 kalamata olives pitted chopped
- 4 tablespoons olive oil vinaigrette light divided (such as Ken's Steak House Lite)
- 1.5 pounds shrimp deveined peeled

Equipment

- frying pan

Directions

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add 1 tablespoon vinaigrette and shrimp. Cook shrimp 3 minutes or until done, stirring frequently.
- Remove shrimp from pan; keep warm.
- Add tomatoes, 3 tablespoons vinaigrette, olives, and basil to pan. Cook 1 minute or until tomatoes are thoroughly heated.
- Remove pan from heat.
- Add shrimp to pan; toss gently.
- Sprinkle with cheese and additional basil, if desired; toss well.
- Serve with lemon wedges, if desired.

Nutrition Facts

PROTEIN 45.96% **FAT 50.68%** **CARBS 3.36%**

Properties

Glycemic Index:27, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:8.9421738969243%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 315.57kcal (15.78%), Fat: 18.12g (27.87%), Saturated Fat: 3.12g (19.48%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 1.84g (0.67%), Sugar: 1.43g (1.59%), Cholesterol: 279.55mg (93.18%), Sodium: 486.74mg (21.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.97g (73.93%), Phosphorus: 374.27mg (37.43%), Copper: 0.71mg (35.36%), Vitamin E: 2.69mg (17.91%), Vitamin K: 17.76µg (16.92%), Magnesium: 65.91mg (16.48%), Zinc: 2.36mg (15.73%), Potassium: 546.94mg (15.63%), Calcium: 121.62mg (12.16%), Vitamin A: 436.58IU (8.73%), Vitamin C: 5.37mg (6.51%), Iron: 1.17mg (6.5%), Manganese: 0.12mg (5.79%), Fiber: 0.87g (3.47%), Vitamin B6: 0.04mg (1.79%), Folate: 6.97µg (1.74%), Vitamin B3: 0.26mg (1.32%), Vitamin B1: 0.02mg (1.12%)