



Greek-Style Shrimp Sauté

 Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



321 kcal

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 light divided (such as Ken's Steak House Lite)
- ☐ 1.5 pounds shrimp deveined peeled

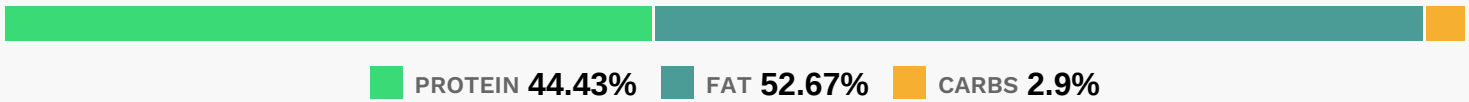
Equipment

- ☐ 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



Properties

Glycemic Index:33.75, Glycemic Load:0.5, Inflammation Score:0, Nutrition Score:10.248260799957%

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: 320.96kcal (16.05%), Fat: 19.07g (29.34%), Saturated Fat: 3.77g (23.58%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.5g (0.54%), Sugar: 1.05g (1.17%), Cholesterol: 283.32mg (94.44%), Sodium: 513.01mg (22.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.2g (72.4%), Phosphorus: 410.09mg (41.01%), Copper: 0.71mg (35.53%), Vitamin E: 2.71mg (18.04%), Zinc: 2.67mg (17.77%), Calcium: 174.03mg (17.4%), Vitamin K: 17.96µg (17.1%), Magnesium: 67.93mg (16.98%), Potassium: 553.54mg (15.82%), Vitamin A: 481.44IU (9.63%), Iron: 1.24mg (6.88%), Vitamin C: 5.37mg (6.51%), Manganese: 0.12mg (5.94%), Vitamin B2: 0.1mg (5.81%), Vitamin B6: 0.08mg (4.05%), Fiber: 0.87g (3.47%), Vitamin B12: 0.18µg (2.99%), Folate: 10.37µg (2.59%), Selenium: 1.71µg (2.44%), Vitamin B1: 0.03mg (2.21%), Vitamin B3: 0.37mg (1.84%), Vitamin B5: 0.14mg (1.42%)