



Greek-Style Shrimp With Feta-Stuffed Peppers

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons mirin dry
- 8 ounces feta cheese crumbled
- 3 tablespoons flat parsley divided minced
- 2 teaspoons garlic clove minced
- 2 cups grape tomatoes halved
- 4 servings pepper black freshly ground
- 2 tablespoons lemon zest
- 1.5 tablespoons mint leaves minced

- 5 tablespoons olive oil divided
- 3.5 tablespoons oregano fresh divided minced
- 15 small pasilla peppers sweet stemmed
- 2 pounds shrimp deveined peeled

Equipment

- bowl
- frying pan
- oven
- casserole dish
- aluminum foil

Directions

- Adjust oven rack to lower-middle position and preheat oven to 425°F.
- Combine feta, 2 tablespoons olive oil, lemon juice, lemon zest, 2 tablespoons oregano and 2 tablespoons parsley in a large bowl. Season with salt and pepper to taste. Stir and mash until smooth. Stuff peppers with feta and place upright in a jalapeno rack or a small, greased casserole dish. In the case of the latter, use foil, if necessary, to help keep them in place.
- Place in the oven and roast until cheese is bubbly and lightly browned 15 to 20 minutes.
- Meanwhile, add shrimp, garlic, 2 tablespoons olive oil, 3 tablespoons vermouth, a pinch of salt and a pinch of black pepper to a medium bowl and toss to combine.
- Heat remaining 1 tablespoon of olive oil in a sauté pan over medium heat until shimmering.
- Add onion and cook, stirring occasionally, until translucent, about 7 minutes.
- Add cherry tomatoes and remaining 1/4 cup vermouth. Increase heat to medium-high and simmer, stirring occasionally, until tomatoes have softened and formed a thin sauce. Season to taste with salt and pepper.
- Reduce heat to medium and add shrimp. Stir, cover and cook until shrimp are opaque and pink, 3 to 8 minutes depending on size. Do not overcook.
- Remove pan from heat and sprinkle with mint, remaining oregano and remaining parsley.
- Serve immediately with peppers. The dish may be served at room temperature as well.

Nutrition Facts

PROTEIN 37.84% FAT 47.05% CARBS 15.11%

Properties

Glycemic Index:43.5, Glycemic Load:2.41, Inflammation Score:-10, Nutrition Score:37.141304586245%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 6.58mg, Apigenin: 6.58mg, Apigenin: 6.58mg, Apigenin: 6.58mg Luteolin: 13.36mg, Luteolin: 13.36mg, Luteolin: 13.36mg, Luteolin: 13.36mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 593.52kcal (29.68%), Fat: 31.72g (48.79%), Saturated Fat: 10.45g (65.29%), Carbohydrates: 22.92g (7.64%), Net Carbohydrates: 14.82g (5.39%), Sugar: 8.96g (9.96%), Cholesterol: 415.6mg (138.53%), Sodium: 932.47mg (40.54%), Alcohol: 1.07g (100%), Alcohol %: 0.2% (100%), Protein: 57.39g (114.78%), Vitamin C: 242.34mg (293.75%), Vitamin K: 114.56µg (109.11%), Phosphorus: 762.2mg (76.22%), Copper: 1.18mg (58.95%), Calcium: 545.79mg (54.58%), Vitamin B6: 1mg (49.82%), Vitamin A: 2295.58IU (45.91%), Manganese: 0.8mg (39.86%), Potassium: 1390.82mg (39.74%), Zinc: 5.36mg (35.71%), Vitamin B2: 0.61mg (35.63%), Magnesium: 141.9mg (35.48%), Vitamin E: 4.88mg (32.55%), Fiber: 8.09g (32.38%), Iron: 4.74mg (26.34%), Vitamin B1: 0.29mg (19.32%), Folate: 74.59µg (18.65%), Vitamin B12: 0.96µg (15.97%), Vitamin B3: 2.63mg (13.17%), Selenium: 8.94µg (12.78%), Vitamin B5: 0.97mg (9.68%), Vitamin D: 0.23µg (1.51%)