



Grilled Shrimp with Tomato and Feta

READY IN



25 min.

SERVINGS



6

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings canola oil for brushing the skewers
- 1 pint cherry tomatoes trimmed
- 8 ounces greek feta dry crumbled
- 2 tablespoons mint leaves fresh finely chopped for garnish
- 3 cloves garlic chopped
- 1 pinch ground cinnamon
- 1 Clove r honey for sweetening
- 6 servings kosher salt and pepper black freshly ground
- 6 servings lemon zest fresh finely grated

- 6 servings greek olive oil extra-virgin for cooking
- 1 tablespoon oregano fresh finely chopped
- 6 pita breads warmed for serving
- 1 pinch pepper flakes red
- 1 shallots chopped
- 1.5 pounds shrimp shelled deveined (21 to 24)
- 2 teaspoons paprika smoked
- 0.3 cup white wine

Equipment

- frying pan
- grill
- skewers

Directions

- For the shrimp: Prepare a charcoal grill for high direct heat. Skewer a few shrimp onto 2 skewers so the shrimp lay flat. Do the same with the tomatoes.
- Brush the skewers with canola oil and sprinkle with salt and pepper. Grill the tomatoes first, until slightly charred on both sides and soft, about 2 minutes each side. Reserve the shrimp skewers to the side.
- Heat a few tablespoons of olive oil in a large saute pan over medium heat. Cook the garlic and shallots until soft, about 2 minutes.
- Add the grilled tomatoes, wine, paprika, cinnamon, red pepper flakes and sprinkle with salt and pepper. Bring to a simmer. Crush the tomatoes with a spoon. Cook until the sauce thickens. Taste; add some honey if the tomatoes aren't sweet.
- Sprinkle with salt and pepper. Stir in the mint, oregano and lemon zest.
- Grill the shrimp until just cooked through and slightly charred, about 1 1/2 minutes each side.
- Remove the shrimp from the skewers and add to the tomato mixture. Toss the shrimp just to coat and transfer to a platter. Top the shrimp with the feta and mint sprigs and drizzle with olive oil.
- Serve with the pitas to dip in tomato juices.

Nutrition Facts

PROTEIN 21.83% FAT 53.63% CARBS 24.54%

Properties

Glycemic Index:51.38, Glycemic Load:29.92, Inflammation Score:-8, Nutrition Score:18.90000016793%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 631.94kcal (31.6%), Fat: 37.62g (57.88%), Saturated Fat: 8.24g (51.53%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 35.99g (13.09%), Sugar: 2.65g (2.95%), Cholesterol: 216.21mg (72.07%), Sodium: 877.72mg (38.16%), Alcohol: 1.03g (100%), Alcohol %: 0.39% (100%), Protein: 34.46g (68.92%), Phosphorus: 457.86mg (45.79%), Vitamin E: 5.33mg (35.56%), Calcium: 341.05mg (34.11%), Copper: 0.63mg (31.73%), Manganese: 0.54mg (26.99%), Vitamin K: 27.31µg (26.01%), Vitamin B2: 0.41mg (24.25%), Vitamin C: 19.6mg (23.75%), Zinc: 3.31mg (22.05%), Vitamin A: 964.48IU (19.29%), Magnesium: 75.8mg (18.95%), Potassium: 626.49mg (17.9%), Vitamin B1: 0.25mg (16.5%), Iron: 2.89mg (16.04%), Vitamin B6: 0.31mg (15.29%), Fiber: 2.74g (10.96%), Vitamin B3: 2.16mg (10.81%), Vitamin B12: 0.64µg (10.65%), Folate: 41.6µg (10.4%), Selenium: 6.43µg (9.18%), Vitamin B5: 0.75mg (7.48%), Vitamin D: 0.15µg (1.01%)