



## Individual Shrimp Casseroles

READY IN



45 min.

SERVINGS



2

CALORIES



440 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup basil fresh shredded
- 1 tablespoon cooking wine dry white
- 0.3 cup feta cheese crumbled
- 2 teaspoons garlic minced
- 0.3 teaspoon olive oil
- 1.5 teaspoons oregano fresh chopped
- 5 ounces orzo pasta uncooked
- 1 Dash pepper freshly ground
- 0.5 pound shrimp fresh unpeeled

0.8 cup tomatoes peeled seeded chopped

## Equipment

frying pan

oven

## Directions

Cook orzo according to package directions, omitting salt and fat; drain. Set aside, and keep warm.

Peel and devein shrimp; set aside.

Coat a small nonstick skillet with cooking spray; add oil.

Place over medium-high heat until hot.

Add garlic, and saute 30 seconds.

Add tomato, and saute 2 minutes. Reduce heat to medium.

Add shrimp and wine; saute 2 minutes.

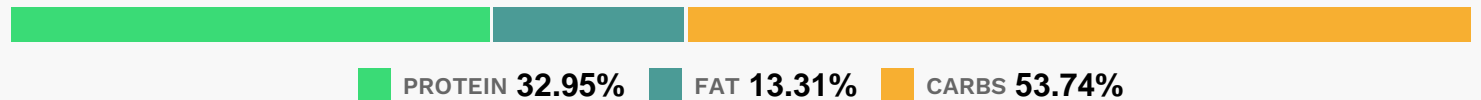
Add basil, oregano, and pepper; saute 2 minutes or until shrimp turns pink.

Combine shrimp mixture and orzo, stirring well. Spoon mixture evenly into 2 (2-cup) casseroles coated with cooking spray.

Sprinkle evenly with feta cheese.

Bake, uncovered, at 500 for 5 minutes or until cheese melts.

## Nutrition Facts



## Properties

Glycemic Index:129.5, Glycemic Load:22.42, Inflammation Score:-9, Nutrition Score:19.800434921099%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## **Nutrients (% of daily need)**

Calories: 439.6kcal (21.98%), Fat: 6.41g (9.86%), Saturated Fat: 2.92g (18.24%), Carbohydrates: 58.24g (19.41%), Net Carbohydrates: 54.49g (19.81%), Sugar: 3.54g (3.94%), Cholesterol: 199.26mg (66.42%), Sodium: 357.26mg (15.53%), Alcohol: 0.77g (100%), Alcohol %: 0.35% (100%), Protein: 35.71g (71.43%), Selenium: 48.13µg (68.75%), Manganese: 0.97mg (48.27%), Phosphorus: 464.82mg (46.48%), Vitamin K: 39.51µg (37.63%), Copper: 0.73mg (36.49%), Magnesium: 96.44mg (24.11%), Calcium: 226.39mg (22.64%), Zinc: 3.29mg (21.91%), Potassium: 656.09mg (18.75%), Vitamin A: 887.12IU (17.74%), Fiber: 3.75g (14.99%), Vitamin B6: 0.29mg (14.54%), Iron: 2.6mg (14.47%), Vitamin B2: 0.23mg (13.43%), Vitamin C: 9.71mg (11.76%), Vitamin B3: 1.88mg (9.38%), Folate: 34.95µg (8.74%), Vitamin B1: 0.12mg (8.3%), Vitamin B5: 0.58mg (5.85%), Vitamin E: 0.81mg (5.4%), Vitamin B12: 0.32µg (5.28%)