



Jumbo Shrimp Marsala, Housewife Style

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



367 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons capers rinsed
- ☐ 1 rib celery with leaves, chopped into 1/2-inch pieces
- ☐ 1 tablespoon currants
- ☐ 1 stalk fennel bulb
- ☐ 1 bay leaf fresh
- ☐ 1 glass marsala wine dry
- ☐ 0.5 cup pecorino freshly grated
- ☐ 1 tablespoon pinenuts

- ☐ 4 medium plum tomatoes roughly chopped
- ☐ 1 medium onion red chopped
- ☐ 4 servings salt and pepper
- ☐ 0.5 pounds u-12 shrimp
- ☐ 4 tablespoons virgin olive oil

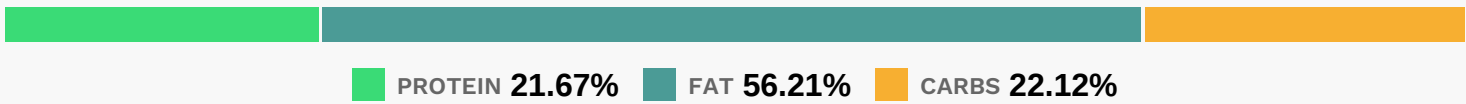
Equipment

- ☐ oven
- ☐ stove

Directions

- ☐ Preheat oven to 450 degrees.
- ☐ Peel and de-vein shrimp.
- ☐ In a 12- to 14-inch earthenware casserole (both stove and oven-resistant), heat olive oil over medium high heat, add onion and celery and cook until soft.
- ☐ Add tomatoes, pine nuts, currants, capers, Marsala, fennel stalk and bay leaf and bring to boil.
- ☐ Remove from heat and place shrimp in one layer into juices.
- ☐ Place in oven and bake uncovered for 6 to 7 minutes.
- ☐ Remove, sprinkle with cheese and allow to stand 15 minutes. Eat warm or allow to cool and serve refrigerated.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:2.07, Inflammation Score:-7, Nutrition Score:10.156521845123%

Flavonoids

Petunidin: 3.91mg, Petunidin: 3.91mg, Petunidin: 3.91mg, Petunidin: 3.91mg Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg Malvidin: 55.95mg, Malvidin: 55.95mg, Malvidin: 55.95mg, Malvidin: 55.95mg Peonidin: 2.32mg, Peonidin: 2.32mg, Peonidin: 2.32mg, Peonidin: 2.32mg Catechin: 5.82mg, Catechin:

5.82mg, Catechin: 5.82mg, Catechin: 5.82mg Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 14.03mg, Quercetin: 14.03mg, Quercetin: 14.03mg, Quercetin: 14.03mg

Nutrients (% of daily need)

Calories: 367.38kcal (18.37%), Fat: 19.58g (30.13%), Saturated Fat: 4.3g (26.87%), Carbohydrates: 17.33g (5.78%), Net Carbohydrates: 15.53g (5.65%), Sugar: 10.1g (11.23%), Cholesterol: 104.29mg (34.76%), Sodium: 542.13mg (23.57%), Alcohol: 9.03g (100%), Alcohol %: 4.51% (100%), Protein: 16.99g (33.98%), Phosphorus: 266.04mg (26.6%), Manganese: 0.45mg (22.68%), Calcium: 196.91mg (19.69%), Vitamin K: 19.88µg (18.93%), Copper: 0.36mg (18.15%), Vitamin E: 2.69mg (17.95%), Vitamin C: 11.37mg (13.78%), Potassium: 478.96mg (13.68%), Magnesium: 50.14mg (12.54%), Vitamin A: 625.99IU (12.52%), Zinc: 1.48mg (9.87%), Fiber: 1.8g (7.21%), Iron: 1.15mg (6.41%), Vitamin B2: 0.1mg (5.81%), Vitamin B6: 0.12mg (5.8%), Folate: 21.53µg (5.38%), Vitamin B1: 0.07mg (4.59%), Vitamin B3: 0.77mg (3.86%), Selenium: 2.39µg (3.41%), Vitamin B12: 0.14µg (2.33%), Vitamin B5: 0.2mg (1.99%)