



## Marinated Shrimp-and-Artichokes

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**8**

CALORIES



**193 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 oz artichoke hearts drained cut in half canned
- 6 oz olives black drained canned
- 4 oz feta cheese cut into 1/2-inch cubes
- 8 servings basil fresh
- 2 tablespoons parsley fresh finely chopped
- 1 cup grape tomatoes halved
- 2 tablespoons spring onion finely chopped
- 0.8 oz seasoning

- 3 tablespoons olive oil
- 1 pound shrimp deveined cooked peeled ()
- 0.3 cup balsamic vinegar white

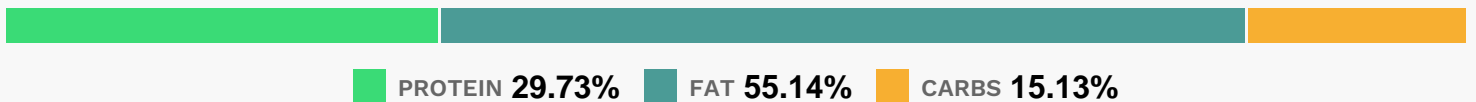
## Equipment

- bowl
- whisk
- slotted spoon

## Directions

- Whisk together balsamic vinegar and next 4 ingredients in a bowl. Stir in shrimp and next 4 ingredients. Cover and chill 8 to 24 hours.
- Stir in desired amount of basil just before serving.
- Serve with a slotted spoon.
- Note: We tested with Good Seasons Garlic & Herb Salad Dressing & Recipe
- Mix.

## Nutrition Facts



## Properties

Glycemic Index:31.75, Glycemic Load:1.1, Inflammation Score:-5, Nutrition Score:9.5439129290373%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 193.16kcal (9.66%), Fat: 12.01g (18.48%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 4.49g (1.63%), Sugar: 2.34g (2.6%), Cholesterol: 103.9mg (34.63%), Sodium: 748.35mg (32.54%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.15%), Vitamin K: 49.51µg (47.16%), Phosphorus: 182.13mg (18.21%), Calcium: 169.74mg (16.97%), Vitamin E: 2.21mg (14.73%), Copper: 0.29mg (14.6%), Fiber: 2.92g (11.69%), Vitamin A: 548.43IU (10.97%), Manganese: 0.21mg (10.7%), Iron: 1.75mg (9.74%), Magnesium: 37.14mg (9.28%), Zinc: 1.32mg (8.79%), Vitamin B2: 0.14mg (8.38%), Potassium: 269.59mg (7.7%), Vitamin B6: 0.11mg (5.71%), Vitamin C: 4.58mg (5.56%), Folate: 18.11µg (4.53%), Vitamin B12: 0.24µg (3.99%), Selenium: 2.45µg (3.5%), Vitamin B1: 0.04mg (2.68%), Vitamin B3: 0.46mg (2.32%), Vitamin B5: 0.19mg (1.92%)