



Roasted Brandywine Tomato, Fennel, and Shrimp with Feta

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper strips red
- ☐ 1 tablespoon olive oil extravirgin divided
- ☐ 4 cups fennel bulb thinly sliced 2 small
- ☐ 2 ounces feta cheese crumbled
- ☐ 1 tablespoon basil fresh chopped
- ☐ 6 garlic cloves minced
- ☐ 0.5 teaspoon salt divided

- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 3 medium red brandywine tomatoes peeled cut into 3/4-inch-thick wedges 2 pounds

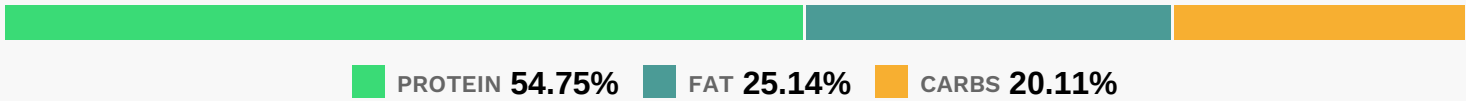
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine fennel and bell pepper on a baking sheet coated with cooking spray.
- ☐ Drizzle vegetable mixture with 1 1/2 teaspoons olive oil; sprinkle with 1/4 teaspoon salt. Toss to coat. Broil 10 minutes.
- ☐ Add tomatoes to pan; toss gently. Broil 10 minutes.
- ☐ Combine remaining 1 1/2 teaspoons oil, garlic, and shrimp in a bowl; toss to coat.
- ☐ Add shrimp mixture to pan. Broil an additional 6 minutes or until shrimp are done and vegetables are charred and tender.
- ☐ Transfer shrimp mixture to a large bowl.
- ☐ Add remaining 1/4 teaspoon salt; toss gently.
- ☐ Sprinkle mixture with cheese and basil.
- ☐ Wine note: This refreshing summer dish is all about the snap of tart and tangy ingredients (tomatoes, feta, and shrimp) juxtaposed with herbal flavors (basil and fennel). Try it with a lively herbal sauvignon blanc from Sancerre, in the Loire Valley of France. The Vincent Delaporte Sancerre 2006 is about \$ Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:48.4, Glycemic Load:2.9, Inflammation Score:-8, Nutrition Score:18.32043468693%

Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 218.53kcal (10.93%), Fat: 6.33g (9.74%), Saturated Fat: 2.14g (13.35%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 7.64g (2.78%), Sugar: 5.97g (6.63%), Cholesterol: 229.18mg (76.39%), Sodium: 565.51mg (24.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.01g (62.02%), Vitamin C: 57.8mg (70.06%), Vitamin K: 54.61µg (52.01%), Phosphorus: 395.41mg (39.54%), Vitamin A: 1710.33IU (34.21%), Copper: 0.64mg (32.14%), Potassium: 907.9mg (25.94%), Calcium: 193.96mg (19.4%), Magnesium: 74.47mg (18.62%), Manganese: 0.36mg (18.2%), Zinc: 2.53mg (16.9%), Fiber: 3.75g (15%), Vitamin B6: 0.27mg (13.59%), Folate: 47.58µg (11.89%), Vitamin E: 1.7mg (11.35%), Vitamin B2: 0.16mg (9.51%), Iron: 1.71mg (9.49%), Vitamin B3: 1.32mg (6.58%), Vitamin B1: 0.08mg (5.01%), Vitamin B5: 0.45mg (4.54%), Selenium: 2.73µg (3.9%), Vitamin B12: 0.19µg (3.19%)