



Roasted Shrimp and Orzo

READY IN



95 min.

SERVINGS



6

CALORIES



639 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 medium hothouse cucumber unpeeled seeded
- ☐ 0.8 pound feta cheese diced good
- ☐ 1 cup optional: dill fresh chopped
- ☐ 1 cup flat-leaf parsley fresh chopped
- ☐ 6 servings kosher salt
- ☐ 0.5 cup juice of lemon freshly squeezed 3 lemons
- ☐ 6 servings olive oil good
- ☐ 0.5 cup small-diced onion red

- ☐ 0.8 pound orzo pasta (rice-shaped)
- ☐ 1 cup scallions (white & green) minced
- ☐ 2 pounds shrimp (deveined, peeled, 16 to 18 count)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Fill a large pot with water, add 1 tablespoon of salt and a splash of oil, and bring the water to a boil.
- ☐ Add the orzo and simmer for 9 to 11 minutes, stirring occasionally, until it's cooked al dente.
- ☐ Drain and pour into a large bowl.
- ☐ Whisk together the lemon juice, 1/2 cup olive oil, 2 teaspoons salt and 1 teaspoon of pepper.
- ☐ Pour over the hot pasta and stir well.
- ☐ Meanwhile, place the shrimp on a sheet pan, drizzle with olive oil, and sprinkle with salt and pepper. Toss to combine and spread out in a single layer. Roast for 5 to 6 minutes, until the shrimp are cooked through. Don't overcook!
- ☐ Add the shrimp to the orzo and then add the scallions, dill, parsley, cucumber, onion, 2 teaspoons salt, and 1 teaspoon pepper. Toss well.
- ☐ Add the feta and stir carefully. Set aside at room temperature for 1 hour to allow the flavors to blend, or refrigerate overnight. If refrigerated, taste again for seasonings and bring back to room temperature before serving.

Nutrition Facts



 **PROTEIN 29.31%**  **FAT 39.36%**  **CARBS 31.33%**

Properties

Glycemic Index:37, Glycemic Load:18.38, Inflammation Score:-9, Nutrition Score:29.823043771412%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 4.08mg, Isorhamnetin: 4.08mg, Isorhamnetin: 4.08mg, Isorhamnetin: 4.08mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg, Quercetin: 8.91mg

Nutrients (% of daily need)

Calories: 639.26kcal (31.96%), Fat: 28.14g (43.28%), Saturated Fat: 9.83g (61.41%), Carbohydrates: 50.38g (16.79%), Net Carbohydrates: 47.09g (17.12%), Sugar: 3.53g (3.92%), Cholesterol: 293.89mg (97.96%), Sodium: 1038.24mg (45.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.13g (94.27%), Vitamin K: 210.63µg (200.6%), Phosphorus: 651.62mg (65.16%), Selenium: 44.57µg (63.68%), Calcium: 439.97mg (44%), Copper: 0.85mg (42.35%), Vitamin C: 33.02mg (40.02%), Manganese: 0.78mg (39.24%), Vitamin A: 1878.57IU (37.57%), Vitamin B2: 0.57mg (33.77%), Zinc: 4.79mg (31.95%), Magnesium: 113.13mg (28.28%), Potassium: 807.44mg (23.07%), Vitamin B6: 0.4mg (19.87%), Iron: 3.48mg (19.35%), Folate: 77.27µg (19.32%), Vitamin B12: 0.96µg (15.97%), Vitamin E: 2.39mg (15.94%), Fiber: 3.29g (13.16%), Vitamin B1: 0.18mg (12.14%), Vitamin B5: 1mg (10.01%), Vitamin B3: 1.91mg (9.57%), Vitamin D: 0.23µg (1.51%)