



Roasted Shrimp with Tomatoes

 Gluten Free

READY IN



7 min.

SERVINGS



6

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 oz tomatoes diced canned
- ☐ 2 cloves garlic minced
- ☐ 4 ounces goat cheese crumbled
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 6 servings salt and pepper
- ☐ 1.5 pounds shrimp deveined peeled

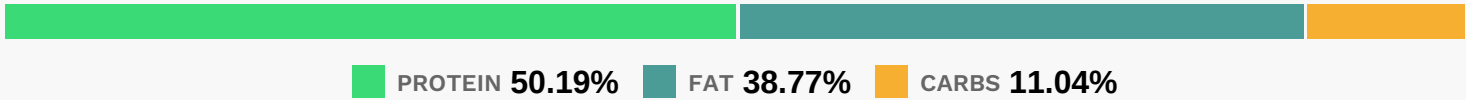
Equipment

- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 450F.
- ☐ Drain tomatoes, reserving 1/2 cup juice.
- ☐ Combine tomatoes, reserved juice, oil and garlic in an 8-inch square glass baking dish. Season with salt and pepper.
- ☐ Bake until tomatoes are bubbling, about 15 minutes.
- ☐ Stir shrimp and oregano into tomatoes.
- ☐ Sprinkle goat cheese on top. Return to oven and bake until shrimp are cooked through, about 10 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:10.270000136417%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 213.2kcal (10.66%), Fat: 9.43g (14.5%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 4.51g (1.64%), Sugar: 3.45g (3.84%), Cholesterol: 191.26mg (63.75%), Sodium: 594.57mg (25.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.46g (54.91%), Copper: 0.68mg (34.08%), Phosphorus: 319.11mg (31.91%), Potassium: 570.18mg (16.29%), Vitamin C: 13.06mg (15.83%), Calcium: 148.81mg (14.88%), Magnesium: 58.94mg (14.74%), Iron: 2.45mg (13.59%), Zinc: 1.91mg (12.71%), Vitamin E: 1.7mg (11.33%), Vitamin B6: 0.22mg (10.76%), Manganese: 0.2mg (9.78%), Vitamin B2: 0.15mg (8.83%), Vitamin K: 9.21µg (8.77%), Vitamin A: 361.31IU (7.23%), Fiber: 1.53g (6.13%), Vitamin B3: 1.08mg (5.4%), Vitamin B1: 0.08mg (5.17%), Folate: 14.05µg (3.51%), Vitamin B5: 0.3mg (2.99%), Selenium: 0.82µg (1.18%)