



Roasted Tomato-and-Feta Shrimp

READY IN



35 min.

SERVINGS



6

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings top french sliced
- ☐ 4 oz feta cheese crumbled
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 garlic cloves sliced
- ☐ 2 pt grape tomatoes
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper

- ☐ 1.5 pounds shrimp raw deveined peeled ()
- ☐ 0.5 cup roasted bell peppers red jarred chopped

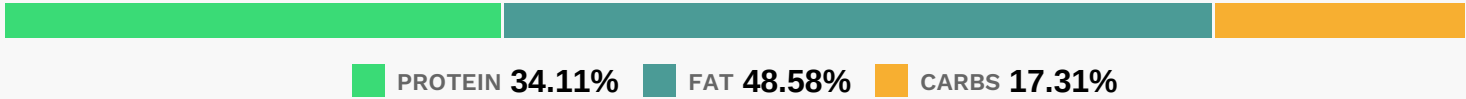
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Place tomatoes and next 4 ingredients in a 13- x 9-inch baking dish, tossing gently to coat.
- ☐ Bake 15 minutes. Stir in shrimp and peppers.
- ☐ Bake 10 to 15 minutes or just until shrimp turn pink. Toss with parsley, feta cheese, and lemon juice.
- ☐ Serve immediately with crusty French bread.

Nutrition Facts



Properties

Glycemic Index:39.92, Glycemic Load:2.42, Inflammation Score:-9, Nutrition Score:22.389130727105%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 231.24kcal (11.56%), Fat: 12.65g (19.46%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 7.83g (2.85%), Sugar: 4.38g (4.87%), Cholesterol: 159.7mg (53.23%), Sodium: 1421.77mg (61.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.99g (39.97%), Vitamin K: 99.66µg (94.91%), Selenium: 36.95µg (52.79%), Vitamin C: 36.09mg (43.74%), Vitamin A: 2080.94IU (41.62%), Phosphorus: 387.48mg

(38.75%), Vitamin B12: 1.58µg (26.3%), Vitamin E: 3.44mg (22.94%), Vitamin B6: 0.44mg (21.83%), Calcium: 186.45mg (18.64%), Copper: 0.34mg (16.87%), Vitamin B3: 3.34mg (16.68%), Potassium: 573.1mg (16.37%), Folate: 63.02µg (15.76%), Manganese: 0.3mg (14.89%), Zinc: 2.02mg (13.47%), Vitamin B2: 0.22mg (13.05%), Magnesium: 50.96mg (12.74%), Fiber: 2.31g (9.23%), Vitamin B1: 0.13mg (8.59%), Iron: 1.32mg (7.32%), Vitamin B5: 0.72mg (7.2%), Vitamin D: 0.19µg (1.26%)