



Roasted Tomatoes with Shrimp and Feta

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 cup feta crumbled
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 1.5 pound shrimp deveined peeled

☐ 5 large tomatoes cut into eighths

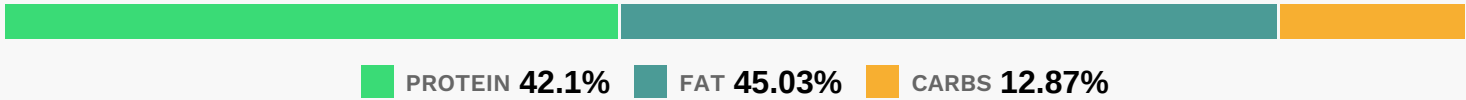
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 450F.
- ☐ Place the tomatoes in a large baking dish. Spoon the olive oil and garlic over the tomatoes.
- ☐ Sprinkle with the salt and pepper and toss.
- ☐ Place on top rack of oven and roast for 20 minutes.
- ☐ Remove baking dish from oven and stir in the shrimp, parsley, and lemon juice.
- ☐ Sprinkle with the Feta.
- ☐ Place back in oven for another 10 to 15 minutes or until the shrimp are cooked.
- ☐ Serve warm with crusty bread.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:2.14, Inflammation Score:-8, Nutrition Score:18.383478162081%

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: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg 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: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 259.32kcal (12.97%), Fat: 13.33g (20.51%), Saturated Fat: 4.46g (27.89%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 6.45g (2.35%), Sugar: 4.19g (4.65%), Cholesterol: 204.82mg (68.27%), Sodium: 721.71mg

(31.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.04g (56.08%), Vitamin K: 99.1µg (94.38%), Phosphorus: 371.1mg (37.11%), Vitamin C: 30.2mg (36.6%), Vitamin A: 1791.99IU (35.84%), Copper: 0.56mg (28.03%), Calcium: 224.38mg (22.44%), Potassium: 721.32mg (20.61%), Zinc: 2.59mg (17.25%), Magnesium: 65.02mg (16.26%), Manganese: 0.3mg (15.16%), Vitamin B2: 0.25mg (14.64%), Vitamin B6: 0.27mg (13.4%), Vitamin E: 1.92mg (12.81%), Folate: 39.47µg (9.87%), Iron: 1.59mg (8.82%), Fiber: 2.12g (8.48%), Vitamin B1: 0.11mg (7.05%), Vitamin B12: 0.42µg (7.04%), Vitamin B3: 1.24mg (6.2%), Selenium: 4.15µg (5.93%), Vitamin B5: 0.42mg (4.23%)