



## Shrimp-and-Feta Stew

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.7 cup cooking wine dry white
- 0.3 pound feta cheese cut into 1/4-inch cubes
- 4 tablespoons flat-leaf parsley chopped
- 2 cloves garlic minced
- 0.3 teaspoon fresh-ground pepper black
- 0.3 cup olive oil
- 1 onion chopped
- 1 teaspoon oregano dried

- 1.5 teaspoons salt
- 1.8 pounds shrimp shelled
- 3 cups tomatoes diced with their liquid (two 14 1/2-ounce cans)

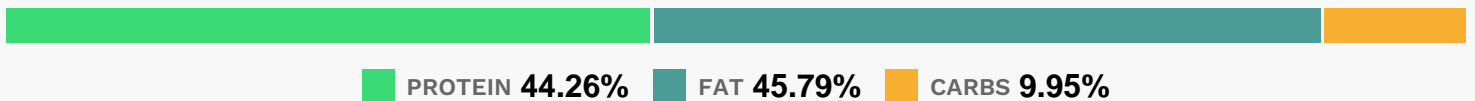
## Equipment

- sauce pan

## Directions

- In a large saucepan, heat the oil over moderately low heat.
- Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- Add the garlic and cook, stirring, 30 seconds longer.
- Raise the heat to moderate and add the tomatoes with their liquid, the wine, oregano, and salt. Bring to a boil and cook over moderate heat, partially covered, stirring occasionally, until thickened, about 20 minutes.
- Add the shrimp and pepper and bring back to a simmer. Simmer, covered, until the shrimp are just done, about 2 minutes. Stir in the cheese and 3 tablespoons of the parsley.
- Serve topped with the remaining 1 tablespoon parsley.
- Wine Recommendation: An acidic, assertive wine such as sauvignon blanc is a natural with the feta and shrimp. Look for a bottle from New Zealand or from California.

## Nutrition Facts



## Properties

Glycemic Index:51.5, Glycemic Load:2.36, Inflammation Score:-9, Nutrition Score:20.729565299076%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg

Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

## **Nutrients (% of daily need)**

Calories: 432.37kcal (21.62%), Fat: 20.92g (32.19%), Saturated Fat: 5.89g (36.83%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 8.01g (2.91%), Sugar: 4.56g (5.07%), Cholesterol: 344.73mg (114.91%), Sodium: 1442.99mg (62.74%), Alcohol: 4.12g (100%), Alcohol %: 1.22% (100%), Protein: 45.5g (91%), Vitamin K: 86.67µg (82.55%), Phosphorus: 567.76mg (56.78%), Copper: 0.88mg (43.96%), Calcium: 305.32mg (30.53%), Vitamin C: 23.14mg (28.05%), Vitamin A: 1397.35IU (27.95%), Potassium: 911.32mg (26.04%), Zinc: 3.84mg (25.59%), Magnesium: 97.85mg (24.46%), Vitamin E: 2.73mg (18.19%), Manganese: 0.36mg (17.89%), Vitamin B2: 0.28mg (16.61%), Vitamin B6: 0.29mg (14.52%), Iron: 2.24mg (12.42%), Folate: 38.79µg (9.7%), Fiber: 2.22g (8.86%), Vitamin B12: 0.48µg (7.99%), Vitamin B1: 0.11mg (7.14%), Selenium: 4.68µg (6.68%), Vitamin B3: 1.11mg (5.54%), Vitamin B5: 0.46mg (4.57%)