



Shrimp-and-Feta-Stuffed Zucchini

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 tablespoons optional: dill chopped
- ☐ 0.5 fennel bulb finely chopped
- ☐ 6 ounces feta crumbled
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons olive oil extra-virgin plus more for brushing
- ☐ 2 tablespoons parsley chopped
- ☐ 4 plum tomatoes chopped

- ☐ 1 bell pepper red finely chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.8 pound shrimp shelled deveined finely chopped
- ☐ 1 onion white finely chopped
- ☐ 6 oblong zucchini halved lengthwise

Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ broiler

Directions

- ☐ Preheat the oven to 42
- ☐ In a skillet, heat the 2 tablespoons of oil.
- ☐ Add the onion, bell pepper, fennel and garlic and cook over moderately high heat, stirring, until tender, 6 minutes.
- ☐ Add the tomatoes and crushed red pepper and cook, mashing, until thickened, 5 minutes. Season with salt and black pepper.
- ☐ Remove from the heat; let cool slightly. Stir in the shrimp, parsley and dill.
- ☐ Using a spoon, scoop out the flesh of the zucchini, leaving a 1/4-inch shell all around. Rub with oil. Season the zucchini shells with salt and pepper and stuff with the filling.
- ☐ Transfer to a lightly oiled roasting pan and roast for 30 minutes, until the filling is cooked through and the zucchini is just tender.
- ☐ Preheat the broiler and position a rack 6 inches from the heat. Top the zucchini with the feta and broil for 5 minutes, until the feta is melted and golden.
- ☐ Serve the stuffed zucchini hot or at room temperature.

Nutrition Facts



 PROTEIN **31.9%**  FAT **45.25%**  CARBS **22.85%**

Properties

Glycemic Index:48.83, Glycemic Load:2.41, Inflammation Score:-9, Nutrition Score:21.293043644532%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 225.87kcal (11.29%), Fat: 11.92g (18.34%), Saturated Fat: 4.69g (29.33%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 9.61g (3.5%), Sugar: 8.39g (9.33%), Cholesterol: 116.52mg (38.84%), Sodium: 423.83mg (18.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.91g (37.81%), Vitamin C: 71.87mg (87.12%), Vitamin K: 50.52µg (48.11%), Vitamin A: 1676.04IU (33.52%), Phosphorus: 323.78mg (32.38%), Vitamin B6: 0.57mg (28.65%), Vitamin B2: 0.46mg (27.26%), Potassium: 941.13mg (26.89%), Manganese: 0.53mg (26.58%), Calcium: 230.77mg (23.08%), Folate: 82.49µg (20.62%), Copper: 0.39mg (19.45%), Magnesium: 73.87mg (18.47%), Zinc: 2.42mg (16.15%), Fiber: 3.93g (15.72%), Vitamin B1: 0.17mg (11.4%), Vitamin E: 1.69mg (11.24%), Iron: 1.75mg (9.7%), Vitamin B3: 1.79mg (8.97%), Vitamin B5: 0.85mg (8.53%), Vitamin B12: 0.48µg (7.99%), Selenium: 5µg (7.15%)