



## Shrimp-and-Orzo Salad with Greek Flavors

READY IN



45 min.

SERVINGS



4

CALORIES



503 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup olives black such as kalamata pitted chopped
- 0.3 pound feta cheese crumbled
- 0.3 teaspoon pepper black
- 1 tablespoon juice of lemon
- 0.3 cup olive oil
- 1 tablespoon oregano dried fresh chopped
- 1 cup orzo pasta
- 0.3 teaspoon salt
- 4 spring onion green chopped

- 1 pound shrimp shelled halved lengthwise
- 1 tablespoon citrus champagne vinegar

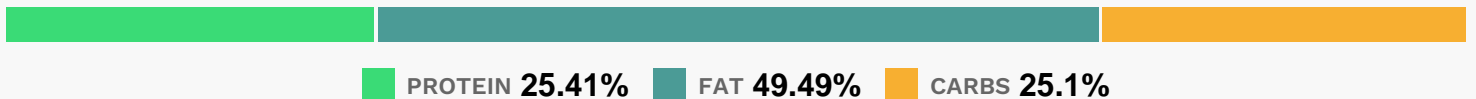
## Equipment

- bowl
- whisk
- pot

## Directions

- In a large pot of boiling, salted water, cook the orzo until almost done, about 10 minutes.
- Add the shrimp to the pot and cook, stirring occasionally, until both the shrimp and orzo are done, 2 to 3 minutes longer.
- Drain thoroughly.
- In a large glass or stainless-steel bowl, whisk together the lemon juice, vinegar, salt, pepper, and oregano; add the oil slowly, whisking.
- Add the orzo and shrimp, the scallions, olives, and feta to the dressing and toss.
- Serve warm or at room temperature.
- Add some diced cucumber to the salad.: Toss in some chopped tomatoes or halved cherry tomatoes.
- Wine Recommendation: Pinot blanc shows up in many versions around the world and is always at home with food. Here you should look to northern Italy's Friuli or Alto Adige for pinot blancs with subtle fruitiness and fresh herbal accents.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:11.77, Inflammation Score:-8, Nutrition Score:16.1752172864%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

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

Calories: 503.23kcal (25.16%), Fat: 27.91g (42.94%), Saturated Fat: 6.84g (42.76%), Carbohydrates: 31.84g (10.61%), Net Carbohydrates: 29.2g (10.62%), Sugar: 1.52g (1.69%), Cholesterol: 207.8mg (69.27%), Sodium: 871.93mg (37.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.24g (64.48%), Vitamin K: 44.44µg (42.32%), Phosphorus: 416.85mg (41.68%), Selenium: 28.24µg (40.35%), Copper: 0.6mg (30.09%), Calcium: 258.86mg (25.89%), Manganese: 0.49mg (24.47%), Vitamin E: 3.63mg (24.19%), Zinc: 2.96mg (19.71%), Magnesium: 73.17mg (18.29%), Vitamin B2: 0.28mg (16.47%), Potassium: 463.73mg (13.25%), Iron: 2.12mg (11.75%), Fiber: 2.64g (10.57%), Vitamin B6: 0.2mg (10.06%), Vitamin B12: 0.48µg (7.99%), Folate: 27.74µg (6.94%), Vitamin A: 327.77IU (6.56%), Vitamin B1: 0.09mg (6.05%), Vitamin B3: 1.08mg (5.42%), Vitamin B5: 0.47mg (4.67%), Vitamin C: 3.75mg (4.55%)