



 **22%**
HEALTH SCORE

Shrimp & Orzo

READY IN



45 min.

SERVINGS



8

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 28 oz canned tomatoes diced drained canned
- 0.8 c wine dry white
- 1 fennel bulb chopped for garnish
- 6 oz feta cheese crumbled
- 2 T parsley fresh chopped
- 6 garlic minced
- 8 servings lemon wedges for serving
- 2 c chicken broth low-sodium
- 3 T olive oil extra virgin extra-virgin

- 1 onion diced finely
- 4 t oregano dried fresh chopped canned (1 t. can be subbed)
- 1 lb orzo pasta
- 0.8 t pepper red crushed
- 8 servings salt and pepper
- 1.5 lb shrimp dry deveined peeled
- 2.5 c water

Equipment

- oven
- baking pan
- dutch oven

Directions

- Preheat oven to 400 degrees f. Season the shrimp with salt & pepper, refrigerate until ready to use. Grease a 13x9-inch baking dish.
- Heat the oil in a large Dutch oven over medium-high heat until the oil is shimmering.
- Add the onion, fennel bulb and 1/2 t. salt. Cook, stirring frequently until the vegetables are softened and starting to brown around the edges, about 10 minutes.
- Add the minced garlic and crushed red pepper flakes, cook and stir until the garlic becomes very fragrant, about 30 seconds.
- Add the orzo to the vegetables, stir to coat the orzo with oil, continue cooking, stirring fairly constantly, about 4 minutes, until the orzo has a toasty aroma.
- Add the wine, cook, stirring constantly, until the liquid evaporates, about 1 minute.
- Add the chicken broth, water and 1/4 t. salt. Bring to a boil, then reduce heat, simmer, until the orzo is almost completely tender, about 12 minutes, stirring fairly constantly to prevent sticking and adjusting the heat as necessary to maintain a lively simmer. After the 12 minutes, remove from heat and stir in the shrimp, tomatoes, oregano and 1 T. of the parsley.
- Transfer to the prepared baking dish, sprinkle with the feta.
- Bake for about 20 minutes, until the shrimp is cooked through and the feta is lightly browned. Before serving, sprinkle with the remaining parsley and the reserved fennel fronds.

Serve with lemon wedges.

Nutrition Facts

PROTEIN 27.16% **FAT 23.36%** **CARBS 49.48%**

Properties

Glycemic Index:35.81, Glycemic Load:20.45, Inflammation Score:-8, Nutrition Score:22.195652173913%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Taste

Sweetness: 64.33%, Saltiness: 100%, Sourness: 82.11%, Bitterness: 57.69%, Savoriness: 85.58%, Fattiness: 68.01%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 466.51kcal (23.33%), Fat: 11.9g (18.31%), Saturated Fat: 3.99g (24.97%), Carbohydrates: 56.72g (18.91%), Net Carbohydrates: 51.33g (18.66%), Sugar: 8.01g (8.9%), Cholesterol: 155.85mg (51.95%), Sodium: 714.38mg (31.06%), Alcohol: 2.32g (12.88%), Protein: 31.13g (62.27%), Selenium: 40.32µg (57.6%), Vitamin K: 48.78µg (46.46%), Manganese: 0.92mg (46.17%), Phosphorus: 438.98mg (43.9%), Copper: 0.77mg (38.43%), Potassium: 893.51mg (25.53%), Calcium: 249.8mg (24.98%), Magnesium: 97.46mg (24.37%), Fiber: 5.39g (21.58%), Vitamin B6: 0.41mg (20.49%), Zinc: 3.06mg (20.43%), Iron: 3.53mg (19.62%), Vitamin C: 16.17mg (19.6%), Vitamin B2: 0.31mg (18.2%), Vitamin B3: 3.52mg (17.58%), Vitamin E: 2.52mg (16.77%), Vitamin B1: 0.18mg (11.76%), Folate: 44.45µg (11.11%), Vitamin A: 493.88IU (9.88%), Vitamin B5: 0.85mg (8.5%), Vitamin B12: 0.42µg (6.97%)