



## Shrimp Saganaki

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 56 canned tomatoes whole peeled roughly chopped canned
- 4 servings top for serving
- 2 cups feta cheese crumbled
- 4 servings kosher salt
- 2 tablespoons olive oil
- 2 tablespoons oregano dried plus more for garnish
- 0.5 tablespoon pepper dried red
- 2 cups onion red thinly sliced

- 1.5 pounds shrimp deveined peeled

## Equipment

- bowl
- frying pan
- potato masher
- wooden spoon

## Directions

- Heat oil in a 12-inch skillet over medium-high heat until shimmering.
- Add the onions and a pinch of salt and cook, stirring until they soften, about 3 minutes.
- Add the garlic, oregano, and chili flakes and cook, stirring constantly, until fragrant, about 30 seconds.
- Add the tomatoes and their juice.
- As the tomatoes soften, break them up with a potato masher or wooden spoon. Continue to cook, stirring occasionally, until tomatoes come to a boil. Lower the heat to maintain a bare simmer and cook for 20 minutes, adding up to 1/2 cup water if the sauce becomes too thick.
- Add the shrimp and 1 1/2 cups of the feta, stirring to combine. Cook until the shrimp are barely cooked through, about 3 minutes.
- Place in serving bowls and top with the remaining feta and a pinch of oregano.
- Serve immediately with bread.

## Nutrition Facts



**PROTEIN 22.43%** **FAT 17.64%** **CARBS 59.93%**

## Properties

Glycemic Index:34.88, Glycemic Load:2.87, Inflammation Score:-10, Nutrition Score:83.058695585831%

## Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 1.75mg, Myricetin:

1.75mg, Myricetin: 1.75mg, Myricetin: 1.75mg Quercetin: 45.01mg, Quercetin: 45.01mg, Quercetin: 45.01mg, Quercetin: 45.01mg

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

Calories: 1427.56kcal (71.38%), Fat: 31.83g (48.96%), Saturated Fat: 12.25g (76.57%), Carbohydrates: 243.28g (81.09%), Net Carbohydrates: 182.95g (66.53%), Sugar: 140.56g (156.18%), Cholesterol: 340.61mg (113.54%), Sodium: 9505.81mg (413.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 91.07g (182.14%), Vitamin C: 541.11mg (655.89%), Vitamin B6: 6.85mg (342.45%), Potassium: 11482.16mg (328.06%), Iron: 58.53mg (325.15%), Vitamin E: 41.13mg (274.17%), Fiber: 60.33g (241.33%), Manganese: 4.76mg (237.92%), Copper: 4.72mg (235.9%), Calcium: 2324.69mg (232.47%), Vitamin B2: 3.85mg (226.25%), Vitamin B3: 42.08mg (210.42%), Vitamin B1: 2.76mg (183.71%), Magnesium: 723.29mg (180.82%), Vitamin K: 189.36µg (180.34%), Phosphorus: 1740.97mg (174.1%), Vitamin A: 7389.31IU (147.79%), Folate: 506.95µg (126.74%), Zinc: 12.75mg (85.01%), Vitamin B5: 7.65mg (76.49%), Selenium: 18.01µg (25.72%), Vitamin B12: 1.27µg (21.13%), Vitamin D: 0.3µg (2%)