



Shrimp with Fennel, Dill, and Feta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 cups fennel bulbs trimmed halved thinly sliced
- ☐ 0.7 cup feta cheese crumbled
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup oil-packed sun-dried tomatoes sliced
- ☐ 1.3 pounds shrimp deveined uncooked peeled

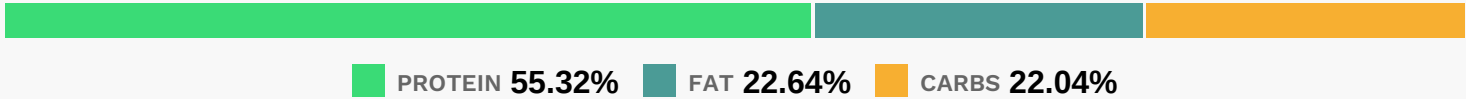
Equipment

- ☐ frying pan

Directions

- ☐ Heat 2 tablespoons oil from sun-dried tomatoes in large nonstick skillet over medium-high heat.
- ☐ Add fennel; sauté 3 minutes.
- ☐ Add sun-dried tomatoes and garlic and stir 1 minute.
- ☐ Sprinkle shrimp with salt and pepper.
- ☐ Add shrimp to skillet and cook until just opaque in center, about 1 minute per side. Season to taste with salt and pepper.
- ☐ Sprinkle with dill, then feta.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:3.64, Inflammation Score:-5, Nutrition Score:18.019130590169%

Flavonoids

Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 256.16kcal (12.81%), Fat: 6.72g (10.33%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 10.62g (3.86%), Sugar: 8.18g (9.09%), Cholesterol: 265.68mg (88.56%), Sodium: 519.6mg (22.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.93g (73.85%), Vitamin K: 54.19µg (51.61%), Phosphorus: 497.25mg (49.73%), Copper: 0.85mg (42.47%), Potassium: 1208.93mg (34.54%), Calcium: 275.57mg (27.56%), Magnesium: 97.77mg (24.44%), Manganese: 0.48mg (24.19%), Zinc: 3.19mg (21.27%), Vitamin C: 15.16mg (18.38%), Vitamin B2: 0.3mg (17.93%), Fiber: 4.09g (16.35%), Iron: 2.79mg (15.52%), Vitamin B6: 0.21mg (10.32%), Vitamin B3: 1.99mg (9.96%), Folate: 38.25µg (9.56%), Vitamin B1: 0.12mg (8.12%), Selenium: 5.25µg (7.5%), Vitamin B5: 0.72mg (7.15%), Vitamin B12: 0.42µg (7.04%), Vitamin A: 343.25IU (6.87%), Vitamin E: 0.49mg (3.26%)