

Shrimp With Feta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 teaspoon basil dried
- ☐ 3 ounces feta cheese crumbled
- ☐ 4 garlic cloves minced
- ☐ 1 cup green onions sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon oregano dried

- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 0.3 teaspoon sugar

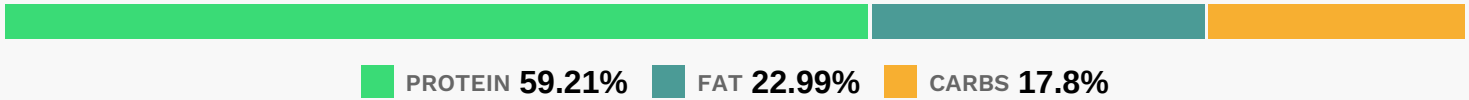
Equipment

- ☐ frying pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat oil in a large nonstick skillet over medium-high heat until hot.
- ☐ Add shrimp; cook, stirring constantly, 3 minutes or until done. Divide shrimp evenly among 4 individual gratin dishes; set aside.
- ☐ Return skillet to medium-high heat.
- ☐ Add green onions and garlic; cook, stirring constantly, 1 minute.
- ☐ Add tomatoes, oregano, basil, sugar, and red pepper; cook 3 minutes or until liquid almost evaporates. Spoon tomato mixture evenly over shrimp, and sprinkle with cheese.
- ☐ Broil 5 minutes or until cheese softens. (Cheese will not melt.)

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:3.18, Inflammation Score:-8, Nutrition Score:18.368695437908%

Flavonoids

Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 258.39kcal (12.92%), Fat: 6.84g (10.53%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 8.92g (3.24%), Sugar: 5.42g (6.02%), Cholesterol: 292.78mg (97.59%), Sodium: 585.34mg (25.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.66g (79.32%), Vitamin K: 65.73µg (62.6%),

Phosphorus: 484.18mg (48.42%), Copper: 0.9mg (44.93%), Calcium: 285.84mg (28.58%), Potassium: 859.78mg (24.57%), Magnesium: 93.19mg (23.3%), Zinc: 3.34mg (22.24%), Manganese: 0.39mg (19.61%), Vitamin C: 15.2mg (18.42%), Iron: 3.2mg (17.8%), Vitamin B2: 0.26mg (15.47%), Vitamin B6: 0.31mg (15.42%), Vitamin A: 622.57IU (12.45%), Fiber: 3.01g (12.03%), Vitamin E: 1.76mg (11.75%), Folate: 38.35µg (9.59%), Vitamin B1: 0.13mg (8.74%), Vitamin B3: 1.67mg (8.33%), Selenium: 4.42µg (6.32%), Vitamin B12: 0.36µg (5.99%), Vitamin B5: 0.53mg (5.35%)