



Shrimp with Tomato & Feta

 Gluten Free

READY IN



32 min.

SERVINGS



32

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 28 oz canned tomatoes italian-style drained canned
- 2 cups rice hot cooked
- 0.3 cup cooking wine dry white
- 4 oz athenos feta cheese crumbled traditional
- 2 Tbsp parsley fresh chopped
- 2 Tbsp oil
- 0.5 cup onions chopped
- 2 tsp oregano leaves dried

1 lb shrimp cleaned

Equipment

frying pan

Directions

- Cook and stir onion in hot oil in large skillet on medium heat 3 min.
- Add tomatoes, wine and oregano; mix well. Reduce heat to low; cook 5 min. or until thickened, stirring occasionally.
- Add shrimp. Cook 3 min. or until shrimp are pink, stirring frequently.
- Sprinkle with cheese; cook 1 min. Stir in parsley.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:7.91, Glycemic Load:3.6, Inflammation Score:-2, Nutrition Score:2.8713043656038%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 53.38kcal (2.67%), Fat: 1.82g (2.79%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.51g (1.64%), Sugar: 1.23g (1.37%), Cholesterol: 25.98mg (8.66%), Sodium: 90.49mg (3.93%), Alcohol: 0.26g (100%), Alcohol %: 0.56% (100%), Protein: 4.07g (8.14%), Vitamin K: 6.62µg (6.3%), Phosphorus: 55.94mg (5.59%), Copper: 0.11mg (5.55%), Manganese: 0.11mg (5.49%), Calcium: 38.89mg (3.89%), Potassium: 123.91mg (3.54%), Vitamin C: 2.79mg (3.38%), Vitamin B6: 0.07mg (3.35%), Vitamin E: 0.5mg (3.31%), Magnesium: 12.7mg (3.18%), Iron: 0.51mg (2.82%), Zinc: 0.42mg (2.8%), Vitamin B2: 0.05mg (2.7%), Fiber: 0.61g (2.44%),

Selenium: 1.44µg (2.06%), Vitamin B3: 0.39mg (1.96%), Vitamin B1: 0.03mg (1.85%), Vitamin A: 90.26IU (1.81%),
Vitamin B5: 0.15mg (1.48%), Folate: 5.78µg (1.45%)