



## Shrimp with Tomatoes and Feta Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup feta cheese crumbled
- 0.3 cup parsley fresh chopped
- 1 tablespoon garlic chopped
- 1 bunch green onions chopped
- 4 servings ground pepper black to taste
- 2 jalapeño peppers chopped
- 1 tablespoon olive oil
- 0.3 cup oregano fresh chopped

- 4 servings salt and pepper to taste
- 2 pounds shrimp fresh deveined peeled
- 5 tomatoes ripe chopped

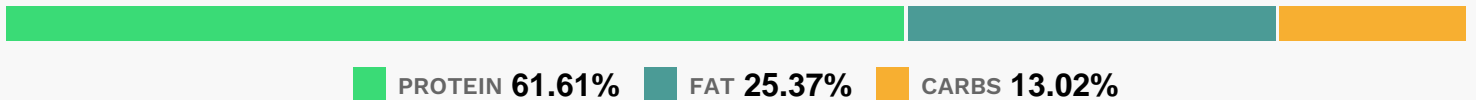
## Equipment

- frying pan
- sauce pan

## Directions

- In a large saucepan, saute the chopped garlic in the olive oil until golden.
- Add green onion and jalapeno peppers; saute about 3 minutes.
- Mix in the chopped tomatoes and salt and pepper. Bring to a boil and stir in the parsley. Reduce heat.
- In a medium saute pan, toss the shrimp with the olive oil. Cook over medium heat until shrimp become pink. Season with salt and pepper and mix in the tomato sauce.
- To serve, crumble the feta cheese over the shrimp.

## Nutrition Facts



## Properties

Glycemic Index:57, Glycemic Load:2.22, Inflammation Score:-10, Nutrition Score:23.862173723138%

## Flavonoids

Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

## Nutrients (% of daily need)

Calories: 317.56kcal (15.88%), Fat: 9.2g (14.16%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 6.97g (2.54%), Sugar: 4.65g (5.16%), Cholesterol: 381.83mg (127.28%), Sodium: 689.56mg (29.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.29g (100.59%), Vitamin K: 108.65µg (103.48%),

Phosphorus: 599.3mg (59.93%), Copper: 1.02mg (51.19%), Vitamin C: 36.17mg (43.85%), Vitamin A: 1862.8IU (37.26%), Calcium: 315.42mg (31.54%), Potassium: 1076.67mg (30.76%), Magnesium: 112.75mg (28.19%), Zinc: 4.02mg (26.8%), Manganese: 0.47mg (23.71%), Iron: 3.22mg (17.91%), Vitamin E: 2.23mg (14.87%), Vitamin B6: 0.3mg (14.76%), Fiber: 3.66g (14.65%), Vitamin B2: 0.22mg (12.89%), Folate: 47.68µg (11.92%), Vitamin B3: 1.42mg (7.12%), Vitamin B1: 0.1mg (6.97%), Vitamin B12: 0.32µg (5.28%), Selenium: 3.3µg (4.72%), Vitamin B5: 0.4mg (4.01%)