



Shrimps Saganaki (Greek)

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

785 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 8 ounce feta cheese cubed
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup olive oil
- ☐ 1 onion chopped
- ☐ 1 pound shrimp with shells
- ☐ 1 cup white wine

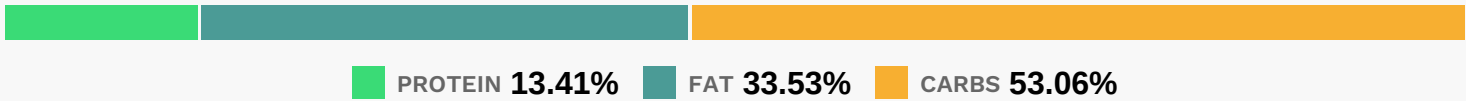
Equipment

☐ sauce pan

Directions

- ☐ Bring about 2 inches of water to a boil in a large saucepan.
- ☐ Add the shrimp, the water should just cover them. Boil for 5 minutes, then drain, reserving the liquid, and set aside.
- ☐ Heat about 2 tablespoons of oil in a saucepan.
- ☐ Add the onions; cook and stir until the onions are soft.
- ☐ Mix in the parsley, wine, tomatoes, garlic powder, and remaining olive oil. Simmer, stirring occasionally, for about 30 minutes, or until the sauce is thickened.
- ☐ While the sauce is simmering, the shrimps should have become cool enough to handle. First remove the legs by pinching them, and then pull off the shells, leaving the head and tail on.
- ☐ When the sauce is thickened, stir in the shrimp stock and shrimp. Bring to a simmer, and cook for about 5 minutes.
- ☐ Add the feta cheese and remove from the heat.
- ☐ Let stand until the cheese starts to melt.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:37.56, Inflammation Score:-8, Nutrition Score:27.8847828637%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 784.73kcal (39.24%), Fat: 27.74g (42.67%), Saturated Fat: 9.77g (61.09%), Carbohydrates: 98.76g (32.92%), Net Carbohydrates: 92.63g (33.68%), Sugar: 9.31g (10.35%), Cholesterol: 50.46mg (16.82%), Sodium: 794.43mg (34.54%), Alcohol: 6.18g (100%), Alcohol %: 2.08% (100%), Protein: 24.96g (49.92%), Selenium: 81.03µg (115.76%), Manganese: 1.35mg (67.73%), Phosphorus: 458.99mg (45.9%), Vitamin K: 47.86µg (45.58%), Vitamin B2: 0.62mg (36.39%), Calcium: 353.05mg (35.3%), Vitamin B6: 0.62mg (31.17%), Copper: 0.55mg (27.55%), Magnesium: 101.32mg (25.33%), Fiber: 6.13g (24.53%), Zinc: 3.66mg (24.37%), Vitamin E: 3.48mg (23.18%), Iron: 3.61mg (20.05%), Potassium: 685.34mg (19.58%), Vitamin B3: 3.87mg (19.35%), Vitamin B1: 0.28mg (18.98%), Vitamin C: 14.15mg (17.15%), Vitamin B12: 0.96µg (15.97%), Folate: 60.87µg (15.22%), Vitamin B5: 1.39mg (13.93%), Vitamin A: 629.25IU (12.58%), Vitamin D: 0.23µg (1.51%)