



## Skillet Shrimp and Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon thyme leaves dried
- 1.5 cups eggplant cubed peeled ()
- 2 garlic cloves peeled
- 1 cup bell pepper green cubed
- 2 cups no-salt-added tomatoes whole canned drained coarsely chopped
- 2 teaspoons olive oil
- 6 olives pitted ripe quartered
- 0.1 teaspoon pepper

- 1 cup onion red coarsely chopped
- 0.8 pound shrimp peeled
- 1 cup zucchini cubed

## Equipment

- frying pan
- aluminum foil
- broiler
- broiler pan

## Directions

- Preheat broiler.
- Line a broiler pan with foil; coat with cooking spray.
- Place eggplant and next 4 ingredients (eggplant through garlic) on prepared broiler pan. Broil vegetables 5 minutes on each side or until lightly browned.
- Remove from heat. Crush garlic cloves; set eggplant mixture aside.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add shrimp; saute 1 minute.
- Add eggplant mixture, tomatoes, thyme, and pepper. Reduce heat; cook 4 minutes or until thoroughly heated. Stir in olives.

## Nutrition Facts



## Properties

Glycemic Index:72, Glycemic Load:2.89, Inflammation Score:-9, Nutrition Score:25.825652070667%

## Flavonoids

Delphinidin: 52.7mg, Delphinidin: 52.7mg, Delphinidin: 52.7mg, Delphinidin: 52.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.6mg, Luteolin: 3.6mg, Luteolin: 3.6mg, Luteolin: 3.6mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.57mg,

Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 18.37mg, Quercetin: 18.37mg, Quercetin: 18.37mg, Quercetin: 18.37mg

## Nutrients (% of daily need)

Calories: 317.12kcal (15.86%), Fat: 7.59g (11.67%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 19.76g (7.19%), Sugar: 14.72g (16.35%), Cholesterol: 273.86mg (91.29%), Sodium: 426.13mg (18.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.31g (78.62%), Vitamin C: 101.78mg (123.36%), Copper: 1.02mg (51.15%), Phosphorus: 492.3mg (49.23%), Potassium: 1472.93mg (42.08%), Manganese: 0.79mg (39.64%), Vitamin B6: 0.73mg (36.3%), Fiber: 8.17g (32.67%), Magnesium: 124.54mg (31.13%), Vitamin K: 29.02µg (27.63%), Iron: 4.77mg (26.48%), Calcium: 246.28mg (24.63%), Vitamin E: 3.26mg (21.71%), Zinc: 3.22mg (21.45%), Folate: 72.1µg (18.03%), Vitamin B1: 0.25mg (16.69%), Vitamin B2: 0.26mg (15.4%), Vitamin A: 763.31IU (15.27%), Vitamin B3: 2.91mg (14.57%), Vitamin B5: 0.78mg (7.77%), Selenium: 1.51µg (2.16%)