

# Baked Shrimp in Tomato Feta Sauce

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-shrimp-indian-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 1 onion medium, chopped
- 2 cloves garlic minced
- 29 ounces diced tomatoes
- 1/4 cup fresh parsley minced
- 1 tablespoon fresh dill minced, or 1 teaspoon dried dill
- 1 1/4 pounds shrimp medium sized raw, peeled and deveined, can leave tails on, thaw if frozen
- 1 pinch salt more to taste
- 1 pinch black pepper more to taste
- 3 ounces feta cheese about 2/3 cup, crumbled

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 235 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 34 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 540 milligrams
9. Sugar: 8 grams

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