



Angry Shrimp with Tuscan White Beans

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 oz cannellini beans rinsed drained canned
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.8 cup chicken broth (from 32-oz carton)
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon parsley fresh italian chopped (flat-leaf)
- ☐ 1 cup flour all-purpose
- ☐ 4.5 teaspoons chili powder
- ☐ 1 tablespoon sea salt (gray salt)

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 eggs
- ☐ 1 cup panko bread crumbs crispy
- ☐ 16 extra large shells deveined uncooked peeled (tail shells left on)
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 small serrano chiles thinly sliced
- ☐ 1 cup basil fresh whole
- ☐ 1.5 teaspoons orange zest grated
- ☐ 1 serving olive oil extra virgin extra-virgin

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan

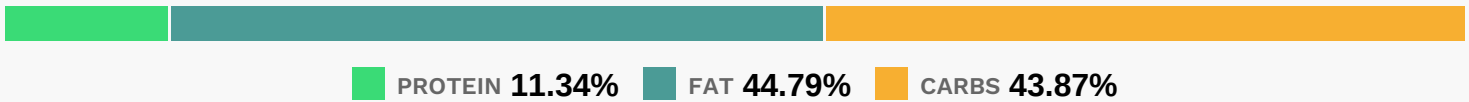
Directions

- ☐ In 1-quart saucepan, heat beans, 2 tablespoons olive oil and the chicken broth to boiling. Reduce heat to low to keep mixture warm. (Lemon juice and parsley will be added later.)
- ☐ In small bowl, mix flour, chili powder, 1 tablespoon salt and 1 teaspoon pepper. In another small bowl, beat egg lightly. In third small bowl, place bread crumbs.
- ☐ Coat shrimp with flour mixture, shaking off excess; next dip shrimp into egg and then coat with bread crumbs. In 10-inch skillet, heat 1/3 cup of the oil over high heat.
- ☐ Add shrimp to skillet in single layer. (Do not toss or move shrimp.) Cook about 3 minutes. Turn shrimp over; cook until browned.
- ☐ Remove shrimp from skillet to cookie sheet.
- ☐ Add garlic to hot oil in skillet; cook and stir until light brown, adding more oil if necessary.
- ☐ Add chile; cook until soft. Carefully add basil (water in skillet will pop). Cook 45 to 60 seconds or until crisp.

- ☐
- Meanwhile, stir lemon juice and parsley into bean mixture in saucepan; season to taste with additional salt and pepper.

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Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:25.69, Inflammation Score:-8, Nutrition Score:25.550869661829%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 627.51kcal (31.38%), Fat: 31.61g (48.63%), Saturated Fat: 4.7g (29.35%), Carbohydrates: 69.65g (23.22%), Net Carbohydrates: 60.29g (21.92%), Sugar: 2.12g (2.35%), Cholesterol: 41.8mg (13.93%), Sodium: 2079.69mg (90.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.01g (36.02%), Manganese: 1.33mg (66.75%), Vitamin K: 66.91µg (63.72%), Folate: 174.38µg (43.6%), Vitamin E: 6.28mg (41.83%), Iron: 7.41mg (41.19%), Fiber: 9.36g (37.43%), Vitamin B1: 0.55mg (36.97%), Selenium: 23.56µg (33.66%), Copper: 0.49mg (24.45%), Magnesium: 95.94mg (23.99%), Vitamin A: 1148.58IU (22.97%), Phosphorus: 229.27mg (22.93%), Potassium: 802.69mg (22.93%), Vitamin B2: 0.38mg (22.16%), Vitamin B3: 3.55mg (17.77%), Calcium: 169.23mg (16.92%), Zinc: 2.38mg (15.88%), Vitamin B6: 0.26mg (13.19%), Vitamin C: 6.51mg (7.89%), Vitamin B5: 0.73mg (7.32%), Vitamin B12: 0.16µg (2.65%), Vitamin D: 0.22µg (1.47%)