



Bean Salad with Shrimp and Curry Yogurt

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 teaspoon curry powder
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 9 ounces green beans trimmed
- ☐ 1.5 teaspoons honey

- ☐ 0.5 teaspoon kosher salt divided
- ☐ 0.5 teaspoon juice of lime fresh
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup greek yogurt plain 2% reduced-fat
- ☐ 0.3 cup shallots finely chopped
- ☐ 1 pound shrimp deveined peeled
- ☐ 1.5 tablespoons citrus champagne vinegar

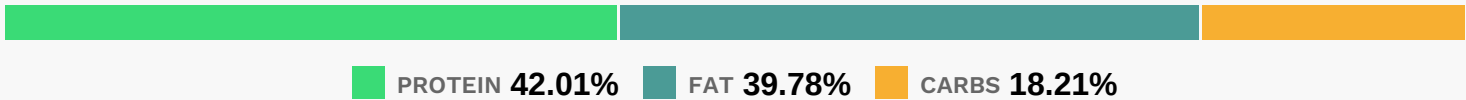
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl, stirring with a whisk.
- ☐ Combine yogurt, curry, honey, and juice in a small bowl.
- ☐ Cook beans in boiling water 3 minutes or until crisp-tender; drain.
- ☐ Add beans to shallot mixture; toss to coat.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add shrimp, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and thyme to pan; saut 3 minutes or until done.
- ☐ Add shrimp to green bean mixture; toss to coat.
- ☐ Serve with yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:86.07, Glycemic Load:3.64, Inflammation Score:-9, Nutrition Score:13.753913215969%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 254.39kcal (12.72%), Fat: 11.61g (17.86%), Saturated Fat: 1.69g (10.53%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 9.06g (3.3%), Sugar: 6.27g (6.96%), Cholesterol: 183.82mg (61.27%), Sodium: 456.87mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.59g (55.17%), Vitamin K: 51.2µg (48.76%), Phosphorus: 321.83mg (32.18%), Copper: 0.54mg (26.9%), Manganese: 0.46mg (22.79%), Magnesium: 73.5mg (18.37%), Potassium: 605.01mg (17.29%), Vitamin C: 14.26mg (17.29%), Calcium: 162.95mg (16.29%), Iron: 2.66mg (14.8%), Vitamin A: 690.1IU (13.8%), Zinc: 2.01mg (13.43%), Vitamin E: 1.91mg (12.72%), Fiber: 2.89g (11.57%), Vitamin B6: 0.21mg (10.72%), Vitamin B2: 0.18mg (10.35%), Folate: 35.94µg (8.99%), Selenium: 3.66µg (5.23%), Vitamin B1: 0.08mg (5.12%), Vitamin B3: 0.78mg (3.92%), Vitamin B12: 0.17µg (2.92%), Vitamin B5: 0.29mg (2.9%)