



## Broiled Shrimp Over Black Bean-and-Corn Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



349 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon pepper black
- 15 ounce black beans rinsed drained canned
- 15.3 ounce whole-kernel corn drained canned
- 0.3 cup cilantro leaves fresh chopped
- 1 garlic clove minced
- 0.5 cup green onions sliced
- 0.5 teaspoon ground cumin

- 2 tablespoons honey
- 1 jalapeno seeded chopped
- 0.3 cup juice of lime fresh
- 0.3 cup juice of lime fresh
- 2 tablespoons soya sauce low-sodium
- 2 tablespoons olive oil
- 0.3 cup orange juice concentrate thawed
- 0.3 teaspoon salt
- 2 pounds shrimp peeled
- 2 cups tomatoes coarsely chopped
- 2 tablespoons worcestershire sauce

## Equipment

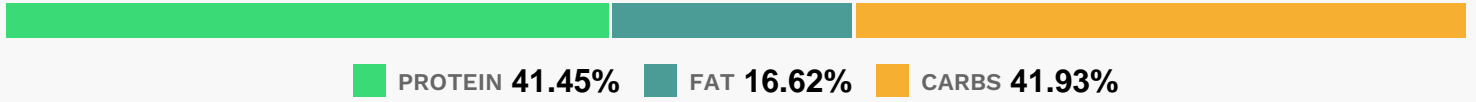
- bowl
- whisk
- broiler
- broiler pan

## Directions

- To prepare marinated shrimp, combine first 6 ingredients in a large zip-top bag.
- Add shrimp to bag; seal. Marinate in refrigerator 1 hour, turning occasionally.
- Remove shrimp from bag; discard marinade.
- Preheat broiler.
- Place shrimp on a broiler pan coated with cooking spray. Broil 4 minutes or until shrimp are done.
- To prepare salad, combine tomato and next 5 ingredients (tomato through jalapeo) in a large bowl.
- Combine 1/4 cup lime juice, oil, cumin, salt, and black pepper in a small bowl; stir with a whisk.

Pour dressing over bean mixture; toss well. Spoon salad onto each of 6 plates; top with shrimp.

## Nutrition Facts



### Properties

Glycemic Index:42.21, Glycemic Load:3.73, Inflammation Score:-7, Nutrition Score:18.35652169974%

### Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

### Nutrients (% of daily need)

Calories: 348.58kcal (17.43%), Fat: 6.75g (10.39%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 38.33g (12.78%), Net Carbohydrates: 30.8g (11.2%), Sugar: 15.06g (16.74%), Cholesterol: 243.43mg (81.14%), Sodium: 968.7mg (42.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.9g (75.79%), Vitamin C: 39.6mg (48%), Phosphorus: 474mg (47.4%), Copper: 0.82mg (41.19%), Fiber: 7.54g (30.15%), Potassium: 1039mg (29.69%), Magnesium: 106.19mg (26.55%), Vitamin K: 27.5µg (26.19%), Folate: 98.3µg (24.58%), Manganese: 0.43mg (21.54%), Zinc: 2.88mg (19.23%), Iron: 3.22mg (17.88%), Calcium: 154.2mg (15.42%), Vitamin A: 680.68IU (13.61%), Vitamin B1: 0.2mg (13.13%), Vitamin B2: 0.22mg (12.74%), Vitamin B3: 1.82mg (9.11%), Vitamin B6: 0.18mg (8.93%), Vitamin E: 1.31mg (8.75%), Vitamin B5: 0.57mg (5.7%), Selenium: 1.68µg (2.41%)