



Calypso Shrimp with Black Bean-Citrus Salsa

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

READY IN



150 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained progresso® canned
- 1 tablespoon canola oil
- 2 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic finely chopped
- 1 teaspoon lime zest grated
- 1 medium cranberry-orange relish divided peeled cut in half
- 0.3 cup orange juice
- 2 teaspoons orange zest grated

- 0.3 cup salsa thick old el paso®
- 0.5 teaspoon lawry's seasoned salt
- 1 lb shrimp deveined uncooked peeled (21 to 30)

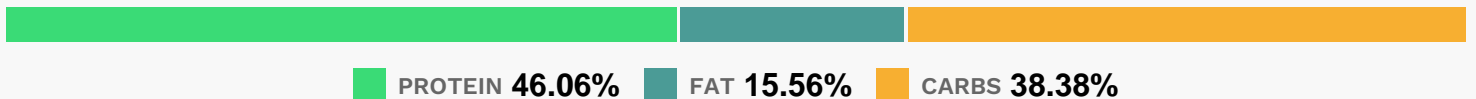
Equipment

- bowl
- frying pan
- plastic wrap
- glass baking pan

Directions

- In 8-inch square (2-quart) glass baking dish, mix orange peel, orange juice, seasoned salt and 4 cloves chopped garlic.
- Add shrimp; turn to coat. Cover with plastic wrap; refrigerate up to 2 hours to marinate.
- In medium bowl, mix all salsa ingredients. Cover; let stand until ready to serve (or refrigerate if longer than 30 minutes).
- In 10-inch nonstick skillet, heat oil over medium-high heat.
- Drain shrimp; discard marinade. Cook shrimp in oil 2 to 3 minutes, stirring frequently, until shrimp are pink.
- Among 4 dinner plates, divide salsa. Arrange shrimp around salsa.

Nutrition Facts



Properties

Glycemic Index:47.13, Glycemic Load:2.28, Inflammation Score:-5, Nutrition Score:13.946086883545%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 10.99mg, Hesperetin: 10.99mg, Hesperetin: 10.99mg, Hesperetin: 10.99mg Naringenin: 5.37mg, Naringenin: 5.37mg, Naringenin: 5.37mg, Naringenin: 5.37mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg

Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 254.55kcal (12.73%), Fat: 4.5g (6.92%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 16.38g (5.96%), Sugar: 5.01g (5.56%), Cholesterol: 182.57mg (60.86%), Sodium: 941mg (40.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.97g (59.94%), Phosphorus: 372.6mg (37.26%), Vitamin C: 30.38mg (36.82%), Fiber: 8.6g (34.41%), Copper: 0.69mg (34.3%), Potassium: 768.76mg (21.96%), Magnesium: 85mg (21.25%), Folate: 80.48µg (20.12%), Manganese: 0.34mg (17.03%), Iron: 2.78mg (15.47%), Zinc: 2.18mg (14.53%), Vitamin B1: 0.2mg (13.43%), Calcium: 133.94mg (13.39%), Vitamin B2: 0.15mg (9.03%), Vitamin B6: 0.13mg (6.69%), Vitamin E: 0.89mg (5.9%), Vitamin B3: 1.02mg (5.09%), Vitamin A: 205.02IU (4.1%), Vitamin K: 3.84µg (3.66%), Vitamin B5: 0.36mg (3.56%), Selenium: 1.94µg (2.76%)