



Calypso Shrimp with Black Bean-Citrus Salsa

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

READY IN



150 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained canned
- 1 tablespoon canola oil
- 2 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic finely chopped
- 4 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
- 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



PROTEIN 45.5% **FAT 15.32%** **CARBS 39.18%**

Properties

Glycemic Index:54.63, Glycemic Load:2.56, Inflammation Score:-5, Nutrition Score:14.374782634818%

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: 0.13mg, Myricetin:
0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin:
0.37mg

Nutrients (% of daily need)

Calories: 259.02kcal (12.95%), Fat: 4.51g (6.95%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 25.98g (8.66%),
Net Carbohydrates: 17.31g (6.29%), Sugar: 5.04g (5.6%), Cholesterol: 182.57mg (60.86%), Sodium: 941.51mg
(40.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.16g (60.33%), Vitamin C: 31.32mg (37.96%),
Phosphorus: 377.19mg (37.72%), Copper: 0.69mg (34.75%), Fiber: 8.66g (34.66%), Potassium: 780.79mg (22.31%),
Magnesium: 85.75mg (21.44%), Folate: 80.57µg (20.14%), Manganese: 0.39mg (19.54%), Iron: 2.84mg (15.75%), Zinc:
2.21mg (14.76%), Calcium: 139.37mg (13.94%), Vitamin B1: 0.21mg (13.83%), Vitamin B2: 0.16mg (9.22%), Vitamin B6:
0.17mg (8.55%), Vitamin E: 0.89mg (5.92%), Vitamin B3: 1.04mg (5.2%), Vitamin A: 205.29IU (4.11%), Vitamin B5:
0.37mg (3.74%), Vitamin K: 3.89µg (3.71%), Selenium: 2.36µg (3.37%)