



Cannellini Bean and Shrimp Stew

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

READY IN



45 min.

SERVINGS



6

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 14.5 ounce canned tomatoes diced undrained canned
- 4 cups .5 can cannellini beans cooked
- 8 ounce bottled clam juice
- 0.3 teaspoon pepper red crushed
- 0.5 cup cooking wine dry white
- 0.3 cup flat-leaf parsley fresh chopped
- 1 tablespoon thyme leaves fresh chopped

- 6 garlic cloves minced
- 4 teaspoons olive oil divided
- 3 cups onion chopped
- 0.5 teaspoon salt
- 1 pound shrimp unpeeled
- 1 tablespoon tomato paste
- 2 cups water

Equipment

- frying pan
- sauce pan
- dutch oven
- colander

Directions

- Peel and devein shrimp, reserving shells. Cover and chill shrimp.
- Heat 1 teaspoon oil in a medium saucepan over medium-high heat.
- Add reserved shrimp shells to pan; saut 3 minutes or until shells turn pink. Stir in wine; bring to a boil. Reduce heat, and simmer 5 minutes or until liquid almost evaporates. Stir in 2 cups water, clam juice, and bay leaf; simmer 12 minutes or until liquid is reduced by half. Set shrimp stock aside.
- Heat remaining 1 tablespoon oil in a large Dutch oven over medium heat.
- Add onion to pan; cook 8 minutes or until lightly browned, stirring occasionally.
- Add tomato paste and garlic; cook 2 minutes, stirring frequently. Stir in thyme, salt, pepper, and tomatoes; bring to a simmer. Strain shrimp stock through a colander over Dutch oven; discard solids.
- Add beans to pan; bring to a boil. Cover, reduce heat, and simmer 10 minutes; remove from heat. Stir in shrimp; cover and let stand 5 minutes or until shrimp are done. Stir in parsley.

Nutrition Facts



■ PROTEIN 35.24% ■ FAT 11.24% ■ CARBS 53.52%

Properties

Glycemic Index:38.67, Glycemic Load:3.67, Inflammation Score:-9, Nutrition Score:14.174782543079%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 16.31mg, Quercetin: 16.31mg, Quercetin: 16.31mg, Quercetin: 16.31mg

Nutrients (% of daily need)

Calories: 271.24kcal (13.56%), Fat: 3.48g (5.35%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 28.31g (10.3%), Sugar: 8.23g (9.15%), Cholesterol: 121.71mg (40.57%), Sodium: 800.24mg (34.79%), Alcohol: 2.06g (100%), Alcohol %: 0.53% (100%), Protein: 24.56g (49.11%), Vitamin K: 47.08µg (44.84%), Fiber: 8.98g (35.92%), Iron: 4.67mg (25.93%), Copper: 0.51mg (25.33%), Vitamin C: 20.83mg (25.25%), Phosphorus: 224.42mg (22.44%), Manganese: 0.37mg (18.73%), Calcium: 183.99mg (18.4%), Potassium: 626.77mg (17.91%), Magnesium: 57.98mg (14.49%), Vitamin B6: 0.28mg (14.16%), Vitamin A: 537.92IU (10.76%), Zinc: 1.5mg (10%), Vitamin E: 1.47mg (9.77%), Folate: 32.12µg (8.03%), Vitamin B1: 0.11mg (7.18%), Vitamin B3: 1.21mg (6.03%), Vitamin B2: 0.08mg (4.76%), Vitamin B5: 0.37mg (3.66%), Selenium: 1.57µg (2.24%)