



Cannellini Bean Antipasto with Shrimp: Antipasto di Cannellini

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

READY IN



22 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon balsamic vinegar plus more to taste
- 2 cups .5 can cannellini beans canned rinsed cooked drained (or and)
- 1 tablespoon basil leaves fresh chopped
- 10 inch rosemary fresh
- 1 clove garlic quartered
- 6 servings kosher salt and pepper black freshly ground
- 0.5 cup plus 1 tablespoon olive oil extra-virgin plus more to taste

- 0.3 cup onions red chopped
- 0.5 pound shrimp deveined peeled

Equipment

- bowl
- frying pan

Directions

- In a large skillet, heat 1 tablespoon olive oil and the garlic over medium-high heat. When the oil is hot but not smoking, add the shrimp and cook, stirring frequently, until they turn pink, about 4 minutes.
- Remove the shrimp from the pan, reserving the garlic and oil. Chop the shrimp into pieces slightly larger than the beans. Toss the shrimp with the beans, adding the reserved oil and garlic.
- In a serving bowl, toss the shrimp and beans with the remaining olive oil and the red onions. Strip the rosemary leaves from the stems and add to the beans. Toss, then add the vinegar and season with salt and pepper. Toss again, before adding the basil. Just before serving, toss the beans once more and adjust seasoning.
- Add more oil, salt, pepper, and balsamic vinegar, as desired.

Nutrition Facts



PROTEIN 35.86% **FAT 29.23%** **CARBS 34.91%**

Properties

Glycemic Index:34.83, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:3.6026086949784%

Flavonoids

Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 116.57kcal (5.83%), Fat: 4.06g (6.24%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 7.29g (2.65%), Sugar: 0.35g (0.39%), Cholesterol: 60.86mg (20.29%), Sodium: 174.92mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.39%), Fiber: 3.61g (14.44%), Iron: 1.83mg (10.18%), Phosphorus: 86.81mg (8.68%), Copper: 0.17mg (8.37%), Calcium: 77.03mg (7.7%), Magnesium: 18.31mg (4.58%), Manganese: 0.09mg (4.36%), Potassium: 142.62mg (4.07%), Zinc: 0.57mg (3.78%), Vitamin K: 3.75µg (3.57%), Vitamin E: 0.52mg (3.49%), Vitamin A: 142.09IU (2.84%), Vitamin C: 1.63mg (1.98%), Folate: 6.14µg (1.53%), Vitamin B6: 0.03mg (1.46%)