



Creamy butter beans with quick fried prawns

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp olive oil
- ☐ 2 garlic clove finely chopped
- ☐ 400 g butter beans rinsed drained canned
- ☐ 140 g roasted peppers red chopped
- ☐ 3 tbsp crème fraîche
- ☐ 200 g shrimp raw frozen peeled
- ☐ 1 handful basil

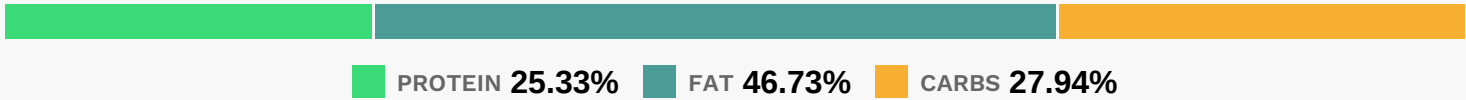
Equipment

☐ frying pan

Directions

- ☐ Heat 2 tbsp of the oil in a pan, add the garlic and gently fry until soft. Stir in the beans and peppers to coat in the oil. Stir in the crme frache, bring to the boil, then reduce heat and simmer for 5 mins.
- ☐ Heat the remaining oil in a frying pan, add the prawns and quickly fry until they are evenly pink. Stir the basil into the beans and divide between 2 warm plates. Top with the prawns and serve.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:7.57, Inflammation Score:-7, Nutrition Score:20.259130617847%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 481.58kcal (24.08%), Fat: 25.57g (39.34%), Saturated Fat: 4.93g (30.81%), Carbohydrates: 34.4g (11.47%), Net Carbohydrates: 23.88g (8.69%), Sugar: 0.65g (0.72%), Cholesterol: 171.62mg (57.21%), Sodium: 1755.85mg (76.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.18g (62.36%), Manganese: 0.93mg (46.73%), Copper: 0.86mg (42.9%), Fiber: 10.52g (42.08%), Vitamin C: 33.83mg (41%), Phosphorus: 394.83mg (39.48%), Magnesium: 123.89mg (30.97%), Folate: 113.05µg (28.26%), Iron: 4.91mg (27.29%), Potassium: 843.89mg (24.11%), Vitamin E: 3.1mg (20.69%), Zinc: 2.87mg (19.12%), Vitamin B6: 0.35mg (17.64%), Vitamin K: 17.11µg (16.3%), Calcium: 160.29mg (16.03%), Selenium: 10.31µg (14.72%), Vitamin A: 529.16IU (10.58%), Vitamin B1: 0.14mg (9.16%), Vitamin B2: 0.12mg (7.25%), Vitamin B5: 0.63mg (6.25%), Vitamin B3: 0.95mg (4.77%)