



Dinner Tonight: Pea Shoots with Shrimp, Bacon, and Chives

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup chives fresh finely chopped
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 8 ounces pea shoots
- ☐ 0.5 pound shrimp raw (21-25 count)
- ☐ 0.5 teaspoon salt

- ☐ 2 shallots finely chopped
- ☐ 2 teaspoons sugar
- ☐ 6 strips bacon thick-cut chopped

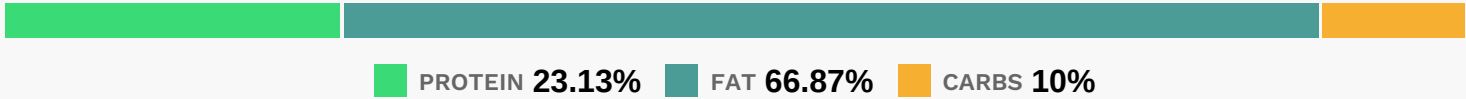
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ stove
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Fill heavy-bottomed saucepan halfway with water, and bring to a boil.
- ☐ Add shrimp and cook until shrimp turn pink, one to two minutes.
- ☐ Drain in colander, and transfer to medium-sized bowl filled with ice water.
- ☐ Let sit until cold, about five minutes.
- ☐ Drain shrimp, peel, and then set aside.
- ☐ Clean out saucepan and return to stove.
- ☐ Add bacon and turn heat to medium-high. Cook, stirring often, until bacon is crisp, 8 to 10 minutes.
- ☐ Remove bacon with slotted spoon, and drain on paper towels.
- ☐ Add shallots to saucepan with bacon fat. Cook, stirring often, until shallots are soft, 1 to 2 minutes.
- ☐ Whisk in vinegar, mustard, sugar, salt, and black pepper. Cook until hot, about 30 seconds. Turn off heat, add pea shoots, and toss until wilted.
- ☐ Divide pea shoots between four plates, and top with shrimp.
- ☐ Sprinkle with bacon, chives, and tarragon.

Nutrition Facts



Properties

Glycemic Index:139.55, Glycemic Load:6.05, Inflammation Score:-8, Nutrition Score:27.54217403868%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 613.54kcal (30.68%), Fat: 45.57g (70.11%), Saturated Fat: 14.78g (92.35%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 13.15g (4.78%), Sugar: 6.48g (7.2%), Cholesterol: 214.16mg (71.39%), Sodium: 2051.07mg (89.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.47g (70.94%), Vitamin C: 89.58mg (108.59%), Selenium: 58.56µg (83.66%), Phosphorus: 483.42mg (48.34%), Manganese: 0.78mg (38.88%), Vitamin B6: 0.74mg (37.23%), Vitamin B3: 7.15mg (35.73%), Vitamin B12: 1.8µg (29.98%), Vitamin A: 1442.6IU (28.85%), Vitamin B1: 0.38mg (25.04%), Vitamin K: 22.36µg (21.3%), Iron: 3.55mg (19.74%), Potassium: 681.25mg (19.46%), Zinc: 2.86mg (19.04%), Magnesium: 75.69mg (18.92%), Copper: 0.35mg (17.32%), Calcium: 171.05mg (17.1%), Fiber: 4.22g (16.89%), Folate: 60.29µg (15.07%), Vitamin E: 2.02mg (13.47%), Vitamin B2: 0.22mg (12.99%), Vitamin B5: 1.08mg (10.82%), Vitamin D: 0.55µg (3.64%)