



Edamame and Bean Salad with Shrimp and Fresh Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup .5 can cannellini beans canned rinsed drained
- ☐ 0.5 cup cherry tomatoes halved
- ☐ 0.3 cup edamame frozen shelled
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 teaspoon jalapeno minced
- ☐ 2 teaspoons juice of lime fresh

- ☐ 1 tablespoons onion red chopped
- ☐ 0.1 teaspoon salt
- ☐ 3 ounces shrimp cooked chopped

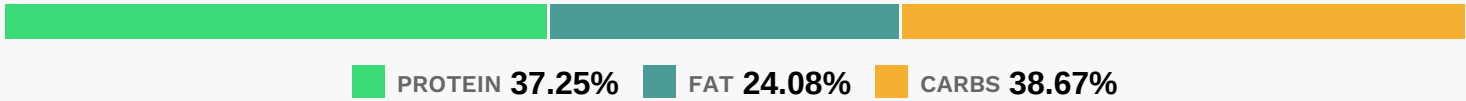
Equipment

- ☐ whisk

Directions

- ☐ Cook edamame according to package directions.
- ☐ Drain and rinse with cold water; drain.
- ☐ Combine edamame, shrimp, cannellini beans, cherry tomatoes, onion, and jalapeo pepper.
- ☐ Combine cilantro and the remaining ingredients, stirring with a whisk.
- ☐ Drizzle over edamame mixture, and toss gently to combine. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:122, Glycemic Load:4.82, Inflammation Score:-6, Nutrition Score:14.593912985014%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 293.81kcal (14.69%), Fat: 8.05g (12.38%), Saturated Fat: 1g (6.27%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 22.4g (8.14%), Sugar: 3.92g (4.35%), Cholesterol: 136.93mg (45.64%), Sodium: 405.62mg (17.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.01g (56.01%), Vitamin C: 26.76mg (32.44%), Copper: 0.61mg (30.3%), Manganese: 0.59mg (29.46%), Phosphorus: 290.1mg (29.01%), Potassium: 1001.17mg (28.6%), Fiber: 6.68g

(26.71%), Iron: 4.71mg (26.16%), Magnesium: 84.78mg (21.19%), Folate: 72.36µg (18.09%), Calcium: 163.27mg (16.33%), Zinc: 2.28mg (15.21%), Vitamin E: 2.2mg (14.68%), Vitamin K: 10.56µg (10.06%), Vitamin A: 450.4IU (9.01%), Vitamin B6: 0.16mg (8.17%), Vitamin B1: 0.12mg (8.14%), Vitamin B2: 0.06mg (3.4%), Vitamin B5: 0.3mg (3.04%), Vitamin B3: 0.59mg (2.96%), Selenium: 1.89µg (2.7%)