



Edamame Succotash with Shrimp

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

SIDE DISH

Ingredients

- 3 slices bacon
- 0.3 teaspoon pepper black freshly ground
- 0.5 cup celery chopped
- 1.5 cups edamame green frozen shelled (soybeans)
- 2 cups ears corn fresh (2 ears)
- 2 tablespoons parsley fresh chopped
- 3 garlic clove minced
- 1 jalapeno split thin

- 0.3 cup onion red chopped
- 0.5 teaspoon salt
- 1 pound shrimp deveined peeled
- 3 tablespoons wine

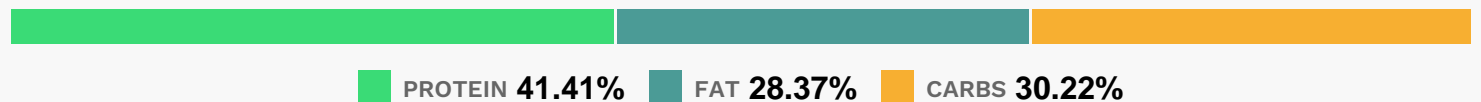
Equipment

- frying pan

Directions

- Prepare edamame according to package directions, omitting salt.
- Drain.
- Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- Remove from pan, reserving 1 tablespoon drippings in pan; crumble bacon.
- Reduce heat to medium; add celery, onion, garlic, and jalapeo to pan; cook 2 minutes, stirring frequently. Stir in edamame, corn, and wine; cook 4 minutes, stirring frequently.
- Add shrimp; cook 5 minutes or until shrimp are done, stirring frequently.
- Remove from heat. Stir in salt and pepper; sprinkle with crumbled bacon and parsley.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:0.59, Inflammation Score:-5, Nutrition Score:13.040434798469%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 315.44kcal (15.77%), Fat: 10.04g (15.44%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 24.05g (8.02%), Net Carbohydrates: 19.73g (7.18%), Sugar: 6.92g (7.69%), Cholesterol: 193.46mg (64.49%), Sodium: 558.43mg (24.28%), Alcohol: 1.16g (100%), Alcohol %: 0.49% (100%), Protein: 32.95g (65.9%), Vitamin K: 37.69µg (35.9%), Phosphorus: 344.62mg (34.46%), Copper: 0.51mg (25.57%), Potassium: 864.21mg (24.69%), Magnesium: 74.32mg (18.58%), Fiber: 4.31g (17.25%), Vitamin C: 13.57mg (16.45%), Iron: 2.8mg (15.53%), Zinc: 2.15mg (14.33%), Calcium: 136.95mg (13.69%), Manganese: 0.26mg (12.87%), Vitamin B1: 0.17mg (11.57%), Vitamin B3: 2.1mg (10.5%), Folate: 41.08µg (10.27%), Vitamin B6: 0.18mg (9.15%), Vitamin A: 405.66IU (8.11%), Vitamin B5: 0.69mg (6.94%), Selenium: 4.21µg (6.01%), Vitamin B2: 0.07mg (4.23%), Vitamin E: 0.3mg (2.01%), Vitamin B12: 0.08µg (1.38%)