



Fava Bean and Grilled Shrimp Salad in Radicchio Cups



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons olive oil extravirgin divided
- ☐ 1.5 cups avarakkai / broad beans shelled (2 pounds unshelled)
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 radicchio leaves

- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound shrimp deveined peeled

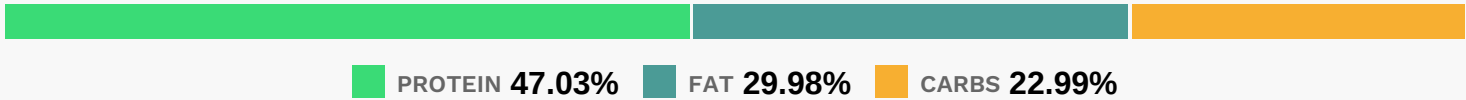
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Cook beans in boiling water 1 minute; drain. Plunge beans into ice water; drain.
- ☐ Remove tough outer skins from beans; discard skins.
- ☐ Place beans in a large bowl; set aside.
- ☐ Prepare grill.
- ☐ Thread shrimp evenly onto 6 (12-inch) skewers; brush with 1 teaspoon oil.
- ☐ Sprinkle shrimp evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Place skewers on a grill rack coated with cooking spray; grill 1 1/2 minutes on each side or until shrimp are done. Cool slightly; remove shrimp from skewers.
- ☐ Add shrimp to beans.
- ☐ Combine remaining 5 teaspoons oil, remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, juice, and garlic in a small bowl, stirring with a whisk.
- ☐ Drizzle juice mixture over shrimp mixture; toss to coat. Stir in parsley.
- ☐ Place 1 radicchio leaf on each of 4 salad plates; spoon 1 cup shrimp mixture into each leaf.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:5.38, Inflammation Score:-5, Nutrition Score:11.948695690736%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 232.78kcal (11.64%), Fat: 7.89g (12.13%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 9.99g (3.63%), Sugar: 1.39g (1.54%), Cholesterol: 182.57mg (60.86%), Sodium: 431.08mg (18.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.83g (55.66%), Vitamin K: 58.03µg (55.27%), Phosphorus: 326.44mg (32.64%), Copper: 0.62mg (31.09%), Folate: 73µg (18.25%), Magnesium: 69.59mg (17.4%), Manganese: 0.34mg (17.11%), Zinc: 2.22mg (14.78%), Fiber: 3.62g (14.48%), Potassium: 502.38mg (14.35%), Calcium: 102.47mg (10.25%), Iron: 1.81mg (10.06%), Vitamin C: 7.4mg (8.97%), Vitamin E: 1.08mg (7.19%), Vitamin A: 263.75IU (5.28%), Vitamin B1: 0.07mg (4.53%), Vitamin B2: 0.06mg (3.65%), Vitamin B6: 0.06mg (3.11%), Selenium: 1.79µg (2.56%), Vitamin B3: 0.51mg (2.54%), Vitamin B5: 0.13mg (1.31%)