



Garlic Lover's Shrimp and Green Bean Salad

 Gluten Free

READY IN



125 min.

SERVINGS



4

CALORIES



304 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup garlic and herb feta cheese crumbled
- ☐ 1 pound green beans fresh trimmed
- ☐ 2 sprigs rosemary leaves fresh
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon garlic salt
- ☐ 2 tablespoons key lime juice
- ☐ 0.3 cup olive oil
- ☐ 0.5 onion thinly sliced

- ☐ 0.5 teaspoon cracked pepper black
- ☐ 20 large shrimp deveined peeled

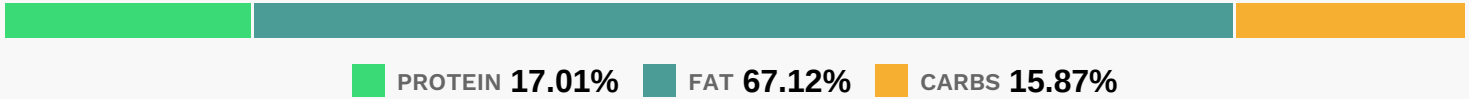
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Place garlic cloves, 1/4 cup olive oil, key lime juice, rosemary, and 1/2 teaspoon garlic salt into a blender; puree until smooth.
- ☐ Combine shrimp and marinade in a resealable plastic bag. Marinate at least 30 minutes in the refrigerator.
- ☐ Place an oven rack in the topmost position and preheat oven on the broil setting.
- ☐ Pour the shrimp and their marinade onto a baking sheet lined with aluminum foil. Broil in preheated oven 3 to 4 minutes per side until the shrimp are opaque. Once cooked, pour everything into a bowl and place into refrigerator.
- ☐ Meanwhile, bring a large pot of lightly salted water to a boil.
- ☐ Add green beans and cook for 2 to 3 minutes, until tender; drain and rinse with cold water.
- ☐ Drain excess water from the chilled beans and place into a large bowl.
- ☐ Heat remaining 1/4 cup olive oil in a large skillet over medium heat. Stir in minced garlic and onion, cook until the onion has softened and turned translucent.
- ☐ Pour the oil over the beans, add shrimp mixture, and toss. Season with garlic salt, and pepper; mix well. Cover and refrigerate at least 1 hour.
- ☐ Mix in crumbled feta before serving.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:2.61, Inflammation Score:-6, Nutrition Score:11.184782587964%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg 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: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 304.44kcal (15.22%), Fat: 23.86g (36.71%), Saturated Fat: 7.51g (46.94%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 9.28g (3.38%), Sugar: 4.42g (4.91%), Cholesterol: 111.21mg (37.07%), Sodium: 511.68mg (22.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.61g (27.22%), Vitamin K: 57.41µg (54.68%), Vitamin C: 17.35mg (21.03%), Manganese: 0.33mg (16.31%), Vitamin E: 2.43mg (16.21%), Vitamin A: 789.37IU (15.79%), Phosphorus: 156.7mg (15.67%), Copper: 0.29mg (14.35%), Fiber: 3.41g (13.65%), Magnesium: 48.49mg (12.12%), Potassium: 406.98mg (11.63%), Folate: 40.9µg (10.23%), Vitamin B6: 0.19mg (9.47%), Iron: 1.58mg (8.79%), Calcium: 81.11mg (8.11%), Vitamin B2: 0.12mg (7.3%), Vitamin B1: 0.1mg (6.86%), Zinc: 0.98mg (6.56%), Vitamin B3: 0.87mg (4.34%), Vitamin B5: 0.29mg (2.9%), Selenium: 0.88µg (1.25%)