



Garlic Shrimp and White Beans



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chilies dried
- ☐ 30 ounce beans white rinsed drained canned (such as cannellini)
- ☐ 2 tablespoons flat parsley chopped
- ☐ 1 bay leaf fresh
- ☐ 3 garlic clove divided minced
- ☐ 4 servings pepper freshly ground
- ☐ 1 cup chicken broth low-sodium
- ☐ 6 tablespoons olive oil divided

- ☐ 1 pound shrimp
- ☐ 1 teaspoon paprika smoked
- ☐ 8 ounces tomatoes chopped
- ☐ 1 tablespoon tomato paste

Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat 2 tablespoons oil in a large, heavy, ovenproof skillet over medium heat.
- ☐ Add 1 garlic clove, chiles, and bay leaf and cook, stirring constantly, just until fragrant, 1–2 minutes (do not allow garlic to burn).
- ☐ Add tomato; season with salt and pepper. Cook, stirring and smashing tomato with the back of a wooden spoon, until tomato is completely broken down, about 5 minutes.
- ☐ Add tomato paste and cook, stirring constantly, until paste is deep red and caramelized, 3–4 minutes. Stir in beans and broth. Bring to a brisk simmer and cook until juices are slightly reduced and thickened, 3–4 minutes. Season to taste with salt and pepper.
- ☐ Combine remaining 2 garlic cloves, 2 tablespoons oil, shrimp, and paprika in a medium bowl; season with salt and pepper and toss to evenly coat shrimp. Scatter shrimp over beans in an even layer.
- ☐ Broil until shrimp are golden and cooked through, about 3 minutes.
- ☐ Drizzle remaining 2 tablespoons oil over shrimp and beans; garnish with parsley.
- ☐ Serve with bread, if desired.
- ☐ Per serving: 530 calories, 25 g fat, 10 g fiber
- ☐ Bon Appétit

Nutrition Facts



 PROTEIN **28.48%**  FAT **36.16%**  CARBS **35.36%**

Properties

Glycemic Index:55.75, Glycemic Load:11.91, Inflammation Score:-8, Nutrition Score:26.382174056509%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 553.96kcal (27.7%), Fat: 22.79g (35.07%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 50.14g (16.71%), Net Carbohydrates: 38.7g (14.07%), Sugar: 2.87g (3.18%), Cholesterol: 182.57mg (60.86%), Sodium: 200.23mg (8.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.39g (80.79%), Manganese: 1.27mg (63.74%), Vitamin K: 57.42µg (54.68%), Copper: 1.03mg (51.5%), Phosphorus: 477.54mg (47.75%), Fiber: 11.44g (45.77%), Potassium: 1528.2mg (43.66%), Iron: 7.76mg (43.14%), Magnesium: 159.51mg (39.88%), Folate: 150.73µg (37.68%), Vitamin E: 5.35mg (35.69%), Zinc: 4.16mg (27.7%), Calcium: 246.21mg (24.62%), Vitamin A: 1016.57IU (20.33%), Vitamin B1: 0.24mg (15.71%), Vitamin C: 12.1mg (14.67%), Vitamin B6: 0.26mg (13.13%), Vitamin B3: 1.62mg (8.12%), Vitamin B2: 0.13mg (7.48%), Selenium: 3.98µg (5.69%), Vitamin B5: 0.49mg (4.87%)