



Garlicky Black-Pepper Shrimp and Black-Eyed Peas



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



6

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 slices bacon



30 ounces black-eyed peas rinsed drained canned



1 medium carrots finely chopped



1 rib celery finely chopped



1 teaspoon thyme leaves dried



0.5 cup cooking wine dry white



3 large garlic cloves finely chopped

- ☐ 0.5 medium bell pepper green chopped
- ☐ 1.8 cups chicken broth reduced-sodium
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.1 teaspoon red-pepper flakes hot
- ☐ 4 scallions chopped
- ☐ 1 pound shrimp deveined peeled
- ☐ 2 turkish bay leaf

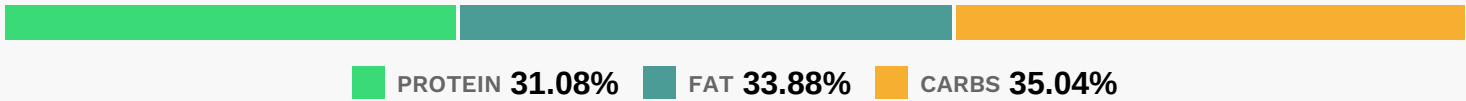
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook bacon in a 12-inch heavy skillet over medium heat until browned but not crisp.
- ☐ Transfer bacon to a plate, then tear into small pieces.
- ☐ Cook scallions, carrot, celery, bell pepper, garlic, bay leaves, thyme, red-pepper flakes, 1/8 teaspoon salt, and 1/4 teaspoon pepper in fat in skillet over medium heat, stirring occasionally, until vegetables are pale golden, about 10 minutes.
- ☐ Add black-eyed peas and broth and simmer 5 minutes.
- ☐ Transfer to a bowl.
- ☐ Heat oil in skillet over medium-high heat until it shimmers. Season shrimp with 1/4 teaspoon salt and 1/2 teaspoon black pepper. Cook shrimp with garlic, stirring occasionally, until just opaque (shrimp will not be fully cooked), about 3 minutes.
- ☐ Add wine and bring to a boil, then briskly simmer 2 minutes.
- ☐ Add bacon and black-eyed-pea mixture and simmer until just heated through (mixture will be juicy). Discard bay leaves.

Nutrition Facts



Properties

Glycemic Index:34.47, Glycemic Load:8.98, Inflammation Score:-9, Nutrition Score:22.163043462712%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 390.79kcal (19.54%), Fat: 14.46g (22.24%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 33.64g (11.21%), Net Carbohydrates: 23.64g (8.6%), Sugar: 5.89g (6.54%), Cholesterol: 131.39mg (43.8%), Sodium: 224.28mg (9.75%), Alcohol: 2.06g (100%), Alcohol %: 0.73% (100%), Protein: 29.84g (59.68%), Folate: 303.71µg (75.93%), Phosphorus: 439.61mg (43.96%), Manganese: 0.8mg (40.22%), Fiber: 9.99g (39.98%), Vitamin A: 1863.22IU (37.26%), Copper: 0.74mg (37.09%), Magnesium: 110.71mg (27.68%), Vitamin K: 28.32µg (26.97%), Iron: 4.68mg (26.03%), Vitamin B1: 0.35mg (23.24%), Potassium: 776.91mg (22.2%), Zinc: 3.21mg (21.38%), Vitamin C: 11.22mg (13.6%), Vitamin B6: 0.26mg (12.99%), Vitamin B3: 2.47mg (12.35%), Vitamin E: 1.65mg (10.97%), Calcium: 104.21mg (10.42%), Selenium: 6.8µg (9.72%), Vitamin B2: 0.13mg (7.74%), Vitamin B5: 0.73mg (7.26%), Vitamin B12: 0.14µg (2.37%)