



Herbed Shrimp and White Bean Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

Ingredients

- ☐ 2 cups arugula loosely packed
- ☐ 0.5 teaspoon pepper black
- ☐ 15.5 ounce cannellini beans rinsed drained canned
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 teaspoons garlic fresh minced
- ☐ 1 cup grape tomatoes halved

- ☐ 1 tablespoon honey
- ☐ 4 teaspoons olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 4 teaspoons sherry vinegar
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 cup watercress trimmed
- ☐ 1 teaspoon water

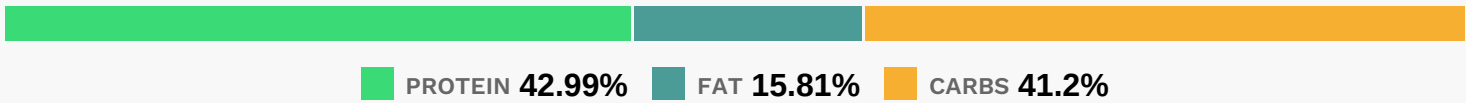
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Combine first 6 ingredients in a large bowl; stir with a whisk.
- ☐ Add arugula and next 4 ingredients (through beans) to bowl, and toss gently to coat.
- ☐ Combine honey and 1 teaspoon water in a medium bowl, stirring with a whisk.
- ☐ Add shrimp to honey mixture; toss to coat.
- ☐ Heat a grill pan over medium-high heat; coat pan with cooking spray.
- ☐ Sprinkle shrimp with salt.
- ☐ Add shrimp to pan; cook 2 minutes on each side or until done.
- ☐ Serve with salad.

Nutrition Facts



Properties

Glycemic Index:73.32, Glycemic Load:3.01, Inflammation Score:-10, Nutrition Score:20.153478124867%

Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 5.54mg, Kaempferol: 5.54mg, Kaempferol: 5.54mg, Kaempferol: 5.54mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 290.05kcal (14.5%), Fat: 5.23g (8.05%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 30.68g (10.23%), Net Carbohydrates: 24.17g (8.79%), Sugar: 5.56g (6.18%), Cholesterol: 182.57mg (60.86%), Sodium: 296.05mg (12.87%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 32.02g (64.04%), Vitamin K: 99.44µg (94.7%), Phosphorus: 418.66mg (41.87%), Copper: 0.68mg (34.06%), Manganese: 0.68mg (34.05%), Magnesium: 112.12mg (28.03%), Folate: 111.74µg (27.94%), Fiber: 6.51g (26.04%), Potassium: 883.88mg (25.25%), Vitamin A: 1220.1IU (24.4%), Vitamin C: 20mg (24.24%), Iron: 3.24mg (17.97%), Calcium: 177.67mg (17.77%), Zinc: 2.46mg (16.39%), Vitamin B1: 0.19mg (12.68%), Vitamin B6: 0.19mg (9.73%), Selenium: 4.88µg (6.97%), Vitamin B2: 0.11mg (6.34%), Vitamin E: 0.94mg (6.25%), Vitamin B5: 0.45mg (4.47%), Vitamin B3: 0.88mg (4.38%)