



WHATSheATE



Herbed Shrimp and White Bean Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



369 kcal

SIDE DISH

Ingredients

- ☐ 4 cups arugula loosely packed
- ☐ 0.3 teaspoon pepper black divided
- ☐ 15 ounce cannellini beans beans white rinsed drained canned
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 0.5 teaspoon lemon rind grated
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup thinly onion red vertically sliced
- ☐ 2 tablespoons pinenuts toasted
- ☐ 1 bell pepper red
- ☐ 0.3 teaspoon salt divided
- ☐ 1 pound shrimp deveined peeled

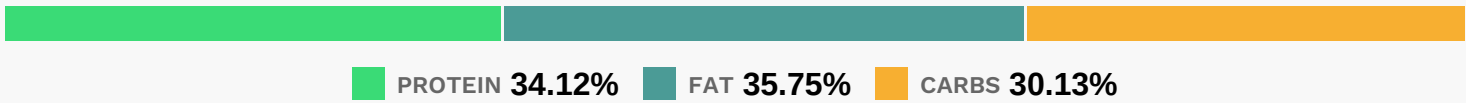
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Halve bell pepper lengthwise; discard seeds and membranes.
- ☐ Place halves, skin sides up, on a baking sheet. Broil 12 minutes or until blackened. Seal in a paper bag.
- ☐ Let stand 5 minutes. Peel; chop.
- ☐ Combine bell pepper and next 6 ingredients (through beans).
- ☐ Combine rind, juice, garlic, oil, 1/8 teaspoon salt, and 1/8 teaspoon pepper.
- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle shrimp with remaining salt and pepper. Cook 2 minutes on each side or until done.
- ☐ Add shrimp, lemon mixture, and nuts to arugula mixture; toss.

Nutrition Facts



Properties

Glycemic Index:82.75, Glycemic Load:6.44, Inflammation Score:-9, Nutrition Score:23.119130476661%

Flavonoids

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: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.96mg, Isorhamnetin: 1.96mg, Isorhamnetin: 1.96mg, Isorhamnetin: 1.96mg Kaempferol: 7.28mg, Kaempferol: 7.28mg, Kaempferol: 7.28mg, Kaempferol: 7.28mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 369.03kcal (18.45%), Fat: 15.1g (23.23%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 28.63g (9.54%), Net Carbohydrates: 21.87g (7.95%), Sugar: 3.24g (3.6%), Cholesterol: 182.57mg (60.86%), Sodium: 294.19mg (12.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.43g (64.86%), Manganese: 1.2mg (59.84%), Vitamin C: 48.44mg (58.72%), Vitamin K: 59.4µg (56.57%), Copper: 0.8mg (39.86%), Phosphorus: 396.08mg (39.61%), Vitamin A: 1611.53IU (32.23%), Magnesium: 124.09mg (31.02%), Potassium: 1003.5mg (28.67%), Folate: 113.04µg (28.26%), Fiber: 6.76g (27.02%), Iron: 4.72mg (26.21%), Vitamin E: 3.41mg (22.74%), Zinc: 3.28mg (21.85%), Calcium: 197.09mg (19.71%), Vitamin B6: 0.23mg (11.38%), Vitamin B1: 0.16mg (10.69%), Vitamin B2: 0.1mg (6.14%), Vitamin B5: 0.45mg (4.46%), Vitamin B3: 0.76mg (3.81%), Selenium: 2.07µg (2.95%)