



I Ricchi e i Poveri (The Rich and the Poor)

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 15.5 ounce .5 can cannellini beans rinsed drained canned
- 0.5 cup white wine dry
- 1 teaspoon white wine dry
- 2 tablespoons parsley fresh chopped
- 1 teaspoon juice of lemon
- 2 tablespoons olive oil extra-virgin
- 0.3 teaspoon salt and pepper

1 pound shrimp frozen thawed deveined peeled

0.3 cup water

Equipment

bowl

frying pan

Directions

Add 1/2 cup white wine or dry vermouth, 1/4 cup water, and bay leaf in a pan; cook over medium-high heat. When liquid starts to bubble, add shrimp; cook 3 minutes.

Add beans, and cook until hot.

Drain shrimp and beans and transfer to bowl; discard bay leaf.

Add olive oil and toss.

Add 1 teaspoon white wine or dry vermouth, lemon juice, and 1/4 teaspoon each salt and pepper. Top with chopped fresh parsley.

Nutrition Facts

 PROTEIN 42.27%  FAT 24.4%  CARBS 33.33%

Properties

Glycemic Index:46.5, Glycemic Load:11.45, Inflammation Score:-8, Nutrition Score:28.542608732763%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 620.4kcal (31.02%), Fat: 15.84g (24.36%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 48.67g (16.22%), Net Carbohydrates: 37.97g (13.81%), Sugar: 1.33g (1.48%), Cholesterol: 365.14mg (121.71%), Sodium: 578.72mg (25.16%), Alcohol: 6.44g (100%), Alcohol %: 1.46% (100%), Protein: 61.71g (123.42%), Vitamin K: 80.65µg (76.81%), Copper: 1.41mg (70.53%), Phosphorus: 699.11mg (69.91%), Manganese: 1.29mg (64.55%), Magnesium: 200.19mg (50.05%), Potassium: 1665.79mg (47.59%), Iron: 8.27mg (45.94%), Fiber: 10.7g (42.79%), Folate: 150.11µg (37.53%), Zinc: 5.62mg (37.5%), Calcium: 318.46mg (31.85%), Vitamin E: 3.79mg (25.24%), Vitamin B1: 0.22mg (14.54%), Vitamin B6: 0.2mg (10.08%), Vitamin C: 6.31mg (7.65%), Vitamin A: 340.2IU (6.8%), Vitamin B2: 0.1mg (5.6%), Selenium: 3.59µg (5.12%), Vitamin B5: 0.45mg (4.54%), Vitamin B3: 0.37mg (1.86%)