



## Lemony Shrimp with White Beans and Couscous

READY IN



15 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 15.5 ounce .5 can cannellini beans rinsed canned
- ☐ 10 ounce couscous ()
- ☐ 0.5 cup flat-leaf parsley fresh
- ☐ 2 garlic cloves chopped
- ☐ 1.3 teaspoons kosher salt divided
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon pepper
- ☐ 4 scallions chopped

- ☐ 1 pound shrimp   deveined peeled
- ☐ 4 teaspoons butter   unsalted divided

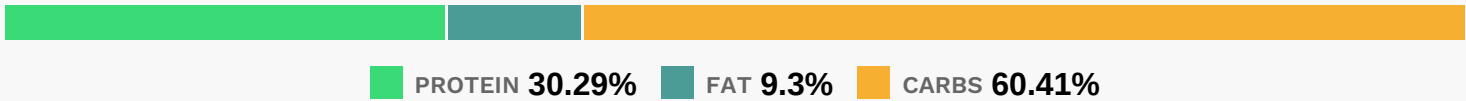
## Equipment

- ☐ frying pan

## Directions

- ☐ Bring 2 cups water to a boil in a pan.
- ☐ Add couscous and 1/4 teaspoon salt.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ Heat 2 teaspoons butter in a large skillet over medium-high heat.
- ☐ Add garlic and scallions; cook 30 seconds.
- ☐ Add shrimp, and cook, stirring, 3 minutes or until they begin to turn pink.
- ☐ Stir in beans, parsley, lemon juice, remaining butter, remaining 1 teaspoon salt, and 1/4 teaspoon pepper. Cook 23 minutes or until heated through.
- ☐ Serve with the couscous.

## Nutrition Facts



## Properties

Glycemic Index:55.5, Glycemic Load:39.36, Inflammation Score:-8, Nutrition Score:24.310434658242%

## 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: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

## Nutrients (% of daily need)

Calories: 534.7kcal (26.73%), Fat: 5.52g (8.49%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 80.62g (26.87%), Net Carbohydrates: 71.16g (25.88%), Sugar: 0.87g (0.97%), Cholesterol: 193.32mg (64.44%), Sodium: 881.26mg (38.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.43g (80.86%), Vitamin K: 151.61µg (144.39%), Manganese: 1.23mg (61.56%), Phosphorus: 476.21mg (47.62%), Copper: 0.9mg (45.16%), Fiber: 9.46g (37.85%), Magnesium: 134.21mg (33.55%), Iron: 5.33mg (29.63%), Potassium: 1007.18mg (28.78%), Folate: 106.38µg (26.59%), Zinc: 3.49mg (23.29%), Calcium: 194.14mg (19.41%), Vitamin C: 15.6mg (18.91%), Vitamin A: 877.66IU (17.55%), Vitamin B1: 0.24mg (15.95%), Vitamin B3: 2.78mg (13.9%), Vitamin B5: 1.15mg (11.49%), Vitamin B6: 0.2mg (9.85%), Vitamin E: 1.12mg (7.47%), Vitamin B2: 0.12mg (6.92%), Selenium: 2.12µg (3.02%)