



Shrimp-and-White-Bean Bruschetta



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



696 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15.5 oz .5 can cannellini beans drained and rinsed canned
- ☐ 2 cloves garlic peeled smashed
- ☐ 1 cup grape tomatoes halved coarsely chopped
- ☐ 8 slices bread french italian
- ☐ 4 servings kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings pepper freshly ground
- ☐ 4 scallions white green separated trimmed thinly sliced

☐ 1 pound shrimp frozen thawed deveined peeled

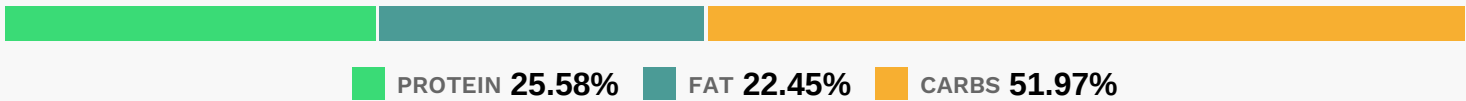
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Combine oil and garlic in a cup and set aside. Pat shrimp dry with a paper towel.
- ☐ In a nonstick skillet, warm 2 Tbsp. oil and 1 clove garlic over medium heat.
- ☐ Add shrimp and white portion of scallions and cook, stirring, until shrimp are opaque, about 3 minutes.
- ☐ Add beans, season with salt and pepper and cook, stirring, until heated through, about 2 minutes.
- ☐ Remove from heat and stir in tomatoes.
- ☐ Preheat oven to 375F. Arrange bread on a baking sheet and toast until crisp, about 8 minutes.
- ☐ Brush with remaining garlic oil. Stir scallion greens into bean mixture and then serve with toasts.

Nutrition Facts



Properties

Glycemic Index:60.88, Glycemic Load:57.17, Inflammation Score:-8, Nutrition Score:30.152174047802%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 696.21kcal (34.81%), Fat: 17.54g (26.98%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 91.33g (30.44%), Net Carbohydrates: 82.82g (30.12%), Sugar: 6.64g (7.38%), Cholesterol: 182.57mg (60.86%), Sodium: 1107.46mg (48.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.96g (89.91%), Vitamin B1: 1.03mg (68.37%), Manganese: 1.34mg (66.81%), Folate: 237.22µg (59.31%), Selenium: 38.66µg (55.22%), Iron: 9.18mg (51%), Phosphorus: 484.95mg (48.5%), Copper: 0.91mg (45.56%), Vitamin K: 37.57µg (35.78%), Vitamin B2: 0.6mg (35.26%), Magnesium: 140.09mg (35.02%), Fiber: 8.51g (34.04%), Vitamin B3: 6.39mg (31.97%), Potassium: 998.58mg (28.53%), Zinc: 4.15mg (27.69%), Calcium: 231.81mg (23.18%), Vitamin E: 3.17mg (21.15%), Vitamin B6: 0.25mg (12.45%), Vitamin B5: 0.65mg (6.54%), Vitamin C: 3.31mg (4.01%), Vitamin A: 155.72IU (3.11%)