



Shrimp and White Bean Salad



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 1 cup cherry tomatoes coarsely chopped
- ☐ 1 teaspoon garlic salt
- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion diced red
- ☐ 2 tablespoons red wine vinegar
- ☐ 6 cups salad greens

☐

16 ounce shrimp frozen thawed cooked

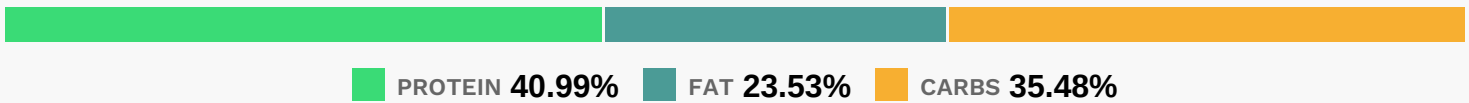
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Toss the shrimp, cannellini beans, cherry tomatoes, and diced red onion together in a bowl.
- ☐ Whisk the olive oil, red wine vinegar, Italian seasoning, and garlic salt together in a small bowl until well blended; drizzle over the shrimp mixture and toss to coat. Cover the bowl with plastic wrap and chill in refrigerator 4 hours to overnight.
- ☐ Put the salad greens in a salad bowl, and top with the chilled shrimp mixture to serve.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:3.65, Inflammation Score:-6, Nutrition Score:11.325652132864%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 200.28kcal (10.01%), Fat: 5.35g (8.23%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 14.21g (5.17%), Sugar: 1.41g (1.57%), Cholesterol: 121.71mg (40.57%), Sodium: 495.22mg (21.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.96g (41.91%), Manganese: 0.51mg (25.63%), Phosphorus: 250.03mg (25%), Copper: 0.5mg (24.95%), Vitamin C: 15.97mg (19.36%), Potassium: 654.88mg (18.71%), Iron: 3.18mg (17.66%), Magnesium: 70.62mg (17.66%), Folate: 65.53µg (16.38%), Fiber: 3.93g (15.72%), Zinc: 1.92mg (12.8%), Calcium: 121.57mg (12.16%), Vitamin A: 590.28IU (11.81%), Vitamin K: 10.66µg (10.15%), Vitamin E: 1.49mg (9.92%), Vitamin B6: 0.13mg (6.3%), Vitamin B1: 0.09mg (6.14%), Vitamin B2: 0.06mg (3.41%), Vitamin B3: 0.48mg

(2.4%), Vitamin B5: 0.23mg (2.26%), Selenium: 1.45µg (2.07%)