



Shrimp and White Bean Salad over Watercress



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup canola oil (such as Elysian Isle)
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 30 ounce cannellini beans rinsed drained canned
- ☐ 3 tablespoons chives fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 teaspoon salt divided
- ☐ 2.5 pounds shrimp deveined peeled
- ☐ 6 cups watercress trimmed (3 bunches)

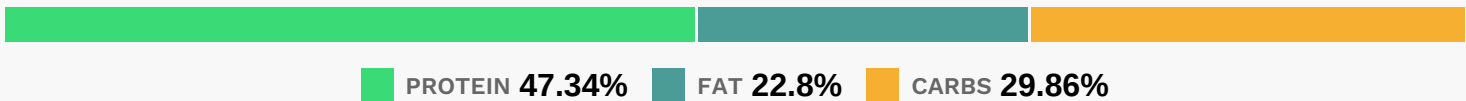
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill.
- ☐ Thread shrimp onto 12-inch skewers; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place skewers on a grill rack coated with cooking spray; grill 3 minutes on each side or until done. Cool completely; remove shrimp from skewers.
- ☐ Place shrimp and beans in a large bowl; toss gently to combine.
- ☐ Combine oil and lemon juice, stirring with a whisk; stir in remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Drizzle dressing over shrimp mixture; toss gently to combine.
- ☐ Arrange watercress on a large platter, and top with shrimp mixture.
- ☐ Sprinkle evenly with chives.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:3.66, Inflammation Score:-6, Nutrition Score:11.763043553933%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 204.12kcal (10.21%), Fat: 5.26g (8.09%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 11.97g (4.35%), Sugar: 0.32g (0.35%), Cholesterol: 152.14mg (50.71%), Sodium: 268.37mg (11.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.15%), Vitamin K: 46.29µg (44.09%), Phosphorus: 277.69mg (27.77%), Copper: 0.55mg (27.49%), Manganese: 0.45mg (22.59%), Magnesium: 73.4mg (18.35%), Potassium: 633.28mg (18.09%), Iron: 2.67mg (14.82%), Fiber: 3.53g (14.14%), Zinc: 2.09mg (13.9%), Calcium: 133.92mg (13.39%), Folate: 48.9µg (12.22%), Vitamin A: 575.72IU (11.51%), Vitamin C: 8.71mg (10.56%), Vitamin B1: 0.08mg (5.64%), Vitamin E: 0.74mg (4.91%), Vitamin B6: 0.08mg (3.88%), Vitamin B2: 0.05mg (2.82%), Vitamin B5: 0.19mg (1.91%), Selenium: 1.3µg (1.86%)