



Shrimp and White Bean Salad with Creamy Lemon-Dill Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15.5 ounce great northern beans rinsed drained canned
- ☐ 0.3 cup carrots
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 2 tablespoons yogurt plain fat-free
- ☐ 0.8 cup fennel bulb chopped
- ☐ 1.5 teaspoons optional: dill fresh chopped

- ☐ 1 tablespoon juice of lemon fresh divided
- ☐ 3 tablespoons mayonnaise reduced-fat
- ☐ 0.3 cup onion red vertically sliced
- ☐ 0.3 teaspoon salt divided
- ☐ 1.3 pounds shrimp deveined cooked peeled
- ☐ 4 ounces watercress trimmed (1 bunch)

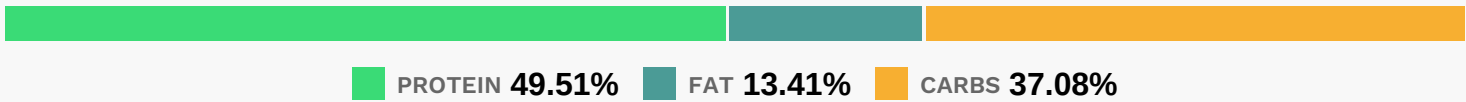
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine reduced-fat mayonnaise, yogurt, 1 1/2 teaspoons lemon juice, dill, 1/8 teaspoon salt, and pepper in a large bowl, stirring well with a whisk.
- ☐ Add fennel and next 4 ingredients (through beans); toss well to combine.

Nutrition Facts



Properties

Glycemic Index:49.46, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:21.931304392607%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 6.62mg, Kaempferol: 6.62mg, Kaempferol: 6.62mg, Kaempferol: 6.62mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg

Nutrients (% of daily need)

Calories: 302.85kcal (15.14%), Fat: 4.61g (7.09%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 22.14g (8.05%), Sugar: 2.86g (3.18%), Cholesterol: 230.09mg (76.7%), Sodium: 440.92mg (19.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.29g (76.58%), Vitamin K: 89.03µg (84.79%), Vitamin A:

2720.52IU (54.41%), Phosphorus: 502.34mg (50.23%), Copper: 0.78mg (38.86%), Manganese: 0.64mg (32.1%), Magnesium: 119.22mg (29.8%), Potassium: 1004.22mg (28.69%), Fiber: 6.54g (26.17%), Folate: 102.31µg (25.58%), Vitamin C: 18.52mg (22.45%), Calcium: 218.26mg (21.83%), Zinc: 2.83mg (18.86%), Iron: 2.74mg (15.22%), Vitamin B1: 0.2mg (13.5%), Vitamin B6: 0.2mg (9.75%), Vitamin B2: 0.14mg (8.14%), Selenium: 5.58µg (7.97%), Vitamin E: 0.83mg (5.54%), Vitamin B5: 0.55mg (5.5%), Vitamin B3: 0.8mg (4.01%), Vitamin B12: 0.06µg (1.02%)