



Shrimp and White Bean Salad with Lemon Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



347 kcal

SIDE DISH

Ingredients

- ☐ 15 oz beans white drained and rinsed canned
- ☐ 0.3 cup flat parsley chopped
- ☐ 1 teaspoon thyme sprigs fresh finely chopped
- ☐ 3 garlic clove finely chopped
- ☐ 1 teaspoon kosher salt divided
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon lemon zest

- ☐ 7 tbsp olive oil extra virgin extra-virgin divided
- ☐ 1.3 pounds frangelico mixed cored sliced into ribbons, half torn into 4- to 5-in. pieces (endive, escarole, frisée, and radicchio)
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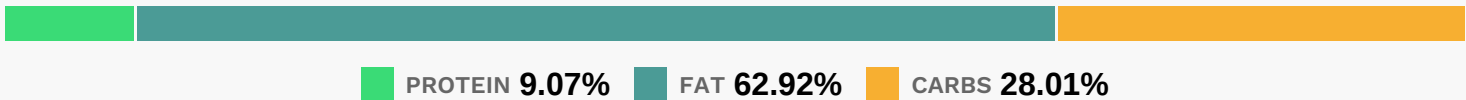
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ tongs

Directions

- ☐ Toss shrimp, garlic, thyme, 1/2 tsp. salt, and 1 tbsp. oil in a medium bowl to coat.
- ☐ Heat a large frying pan over high heat.
- ☐ Add 1 tsp. oil and about one-quarter of chicories; cook, stirring frequently with tongs, until just beginning to wilt, about 30 seconds (greens will continue to wilt as they stand).
- ☐ Transfer to a large bowl. Cook remaining chicories the same way, adding about 1 tsp. oil per batch.
- ☐ Meanwhile, whisk together 4 tbsp. oil and 1/2 tsp. salt, the parsley, zest, and juice in a small bowl.
- ☐ Reduce heat under pan to medium-high.
- ☐ Add shrimp and cook, turning occasionally with tongs, until shrimp are cooked through, about 2 minutes.
- ☐ Add beans and chicories and cook until warm, about 2 minutes.
- ☐ Transfer to a bowl and toss with two-thirds of lemon dressing.
- ☐ Serve with remaining dressing on the side.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:5.67, Inflammation Score:-7, Nutrition Score:13.760434632716%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 347.04kcal (17.35%), Fat: 24.9g (38.31%), Saturated Fat: 3.48g (21.74%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 19.39g (7.05%), Sugar: 0.81g (0.9%), Cholesterol: 0mg (0%), Sodium: 589.95mg (25.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.15%), Vitamin K: 79.37µg (75.59%), Manganese: 0.6mg (30.15%), Vitamin E: 4.42mg (29.5%), Fiber: 5.55g (22.19%), Iron: 3.7mg (20.57%), Folate: 78.34µg (19.58%), Vitamin C: 14.33mg (17.37%), Potassium: 533.97mg (15.26%), Magnesium: 58.61mg (14.65%), Copper: 0.27mg (13.3%), Phosphorus: 104.29mg (10.43%), Calcium: 92.41mg (9.24%), Zinc: 1.28mg (8.53%), Vitamin B1: 0.11mg (7.64%), Vitamin A: 341.52IU (6.83%), Vitamin B6: 0.12mg (6.12%), Vitamin B2: 0.05mg (3.02%), Selenium: 2.05µg (2.93%), Vitamin B5: 0.25mg (2.52%), Vitamin B3: 0.21mg (1.07%)