



Shrimp and White Beans



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 15 ounce .5 can cannellini beans rinsed drained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 garlic cloves minced
- ☐ 1 pint grape tomatoes halved
- ☐ 2 teaspoons olive oil divided

- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.3 pounds shrimp deveined peeled

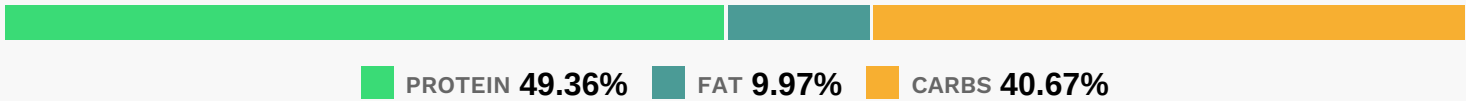
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 teaspoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp, and cook 3 minutes or until done, stirring occasionally.
- ☐ Remove shrimp from pan; set aside, and keep warm.
- ☐ Heat remaining 1 teaspoon olive oil in pan.
- ☐ Add garlic and onion, and saut 2 minutes.
- ☐ Add beans and wine; bring to a simmer, and add tomatoes. Cook 2 minutes, stirring occasionally. Stir in spinach, and cook 1 minute or just until spinach wilts.
- ☐ Add shrimp and juices, peppers, and salt, stirring to combine.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:7.54, Inflammation Score:-10, Nutrition Score:30.223043410674%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 319.17kcal (15.96%), Fat: 3.49g (5.37%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 24.09g (8.76%), Sugar: 4.67g (5.19%), Cholesterol: 228.21mg (76.07%), Sodium: 363.17mg (15.79%), Alcohol: 2.06g (100%), Alcohol %: 0.58% (100%), Protein: 38.89g (77.77%), Vitamin K: 219.76µg (209.3%), Vitamin A: 5011.92IU (100.24%), Manganese: 1.23mg (61.59%), Copper: 0.95mg (47.3%), Phosphorus: 462.92mg (46.29%), Folate: 173.49µg (43.37%), Potassium: 1432.74mg (40.94%), Magnesium: 155.62mg (38.9%), Vitamin C: 30.34mg (36.77%), Fiber: 7.95g (31.81%), Iron: 5.58mg (31%), Zinc: 3.61mg (24.06%), Calcium: 234.36mg (23.44%), Vitamin E: 2.69mg (17.91%), Vitamin B6: 0.32mg (16.13%), Vitamin B1: 0.19mg (12.95%), Vitamin B2: 0.15mg (9.1%), Vitamin B3: 1.21mg (6.04%), Vitamin B5: 0.38mg (3.81%), Selenium: 2.6µg (3.72%)