



Shrimp in Salsa Verde and Roasted Garlic-Artichoke Hummus with Flatbread

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce water-packed artichoke hearts canned
- ☐ 15 ounce beans white rinsed drained canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 head garlic cloves peeled
- ☐ 2 large tomatoes green
- ☐ 4 servings salt and ground pepper black
- ☐ 1 jalapeño minced seeded

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup scallions chopped
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.3 cup tahini sesame paste

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Flatbread, for serving
- ☐ Preheat oven to 400 degrees F. Wrap garlic cloves in foil and roast 15 minutes, until tender.
- ☐ Meanwhile, in a food processor, combine beans, artichoke hearts, tahini, and lemon juice. Process until blended. When garlic is soft, add half of the cloves (about 1/3 cup) to bean mixture and process until smooth. Set aside. Reserve remaining roasted garlic (about 1/3 cup) for another recipe. Set hummus aside.
- ☐ In a large bowl, combine tomatoes, jalapeno, cilantro, and lime juice. Season, to taste, with salt and black pepper.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add shrimp and cook 3 minutes, until cooked through or opaque.
- ☐ Spoon salsa verde onto a serving platter and top with shrimp.
- ☐ Sprinkle scallions over top, if desired.
- ☐ Serve hummus and flatbread on the side.

Nutrition Facts



 **PROTEIN 36%**  **FAT 25.19%**  **CARBS 38.81%**

Properties

Glycemic Index:47.25, Glycemic Load:6.2, Inflammation Score:-8, Nutrition Score:22.015652138254%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 385.97kcal (19.3%), Fat: 11.1g (17.07%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 38.46g (12.82%), Net Carbohydrates: 29.54g (10.74%), Sugar: 5.35g (5.94%), Cholesterol: 182.57mg (60.86%), Sodium: 552.5mg (24.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.68g (71.36%), Copper: 1.05mg (52.28%), Phosphorus: 498.93mg (49.89%), Manganese: 0.82mg (41.09%), Vitamin C: 33.19mg (40.23%), Fiber: 8.93g (35.7%), Potassium: 1105.54mg (31.59%), Magnesium: 121.83mg (30.46%), Iron: 5.15mg (28.61%), Vitamin B1: 0.42mg (27.8%), Vitamin K: 28.01µg (26.68%), Folate: 98.79µg (24.7%), Zinc: 3.59mg (23.92%), Calcium: 202.62mg (20.26%), Vitamin B6: 0.29mg (14.32%), Vitamin A: 712.96IU (14.26%), Selenium: 8.29µg (11.84%), Vitamin E: 1.67mg (11.11%), Vitamin B3: 1.57mg (7.83%), Vitamin B5: 0.73mg (7.26%), Vitamin B2: 0.11mg (6.53%)