



Shrimp Succotash

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 lb shell beans fresh
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 cup ears corn fresh (2 ears)
- ☐ 2 garlic clove minced
- ☐ 1 medium size heirloom tomatoes diced seeded
- ☐ 1 jalapeno minced seeded
- ☐ 1.3 teaspoons kosher salt divided

- ☐ 1 cup okra fresh sliced
- ☐ 2 tablespoons olive oil divided
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1.5 pounds shrimp raw deveined peeled ()
- ☐ 0.5 cup bell pepper diced red
- ☐ 1 small onion sweet chopped

Equipment

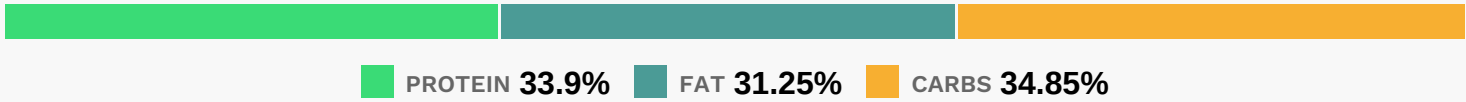
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Rinse, sort, and drain butter beans.
- ☐ Bring butter beans, 1 tsp. salt, and 4 cups water to a boil in a saucepan over medium-high heat. Reduce heat to medium-low, and simmer, stirring occasionally, 35 minutes or until beans are tender; drain.
- ☐ Meanwhile, combine shrimp, 1 Tbsp. oil, 1/4 tsp. pepper, and remaining 1/4 tsp. salt in a bowl, tossing to coat.
- ☐ Heat a grill pan over medium-high heat; cook shrimp 4 to 5 minutes or just until shrimp turn pink.
- ☐ Transfer to a plate, and cover loosely with aluminum foil to keep warm.
- ☐ Heat remaining 1 Tbsp. oil in a large skillet over medium heat.
- ☐ Add okra; cook 3 minutes or until lightly browned. Stir in onion and next 3 ingredients; cook 3 minutes or until vegetables are tender.
- ☐ Add tomato and corn; saut 3 to 4 minutes or until corn is tender. Stir in basil, butter, shrimp, and butter beans. Cook 1 minute or until butter is melted and mixture is thoroughly heated. Season with salt and pepper to taste.

- ☐ Serve immediately.
- ☐ *Frozen butter beans may be substituted. Omit Step

Nutrition Facts



Properties

Glycemic Index:57.92, Glycemic Load:2.38, Inflammation Score:-8, Nutrition Score:18.357826201812%

Flavonoids

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg

Nutrients (% of daily need)

Calories: 235.43kcal (11.77%), Fat: 8.35g (12.85%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 16.17g (5.88%), Sugar: 6.8g (7.55%), Cholesterol: 147.9mg (49.3%), Sodium: 1153.18mg (50.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.38g (40.77%), Selenium: 36µg (51.43%), Phosphorus: 376.76mg (37.68%), Vitamin C: 30.09mg (36.47%), Manganese: 0.52mg (26.01%), Folate: 95.97µg (23.99%), Vitamin B6: 0.45mg (22.5%), Vitamin A: 1065.48IU (21.31%), Vitamin B12: 1.26µg (21.04%), Fiber: 4.79g (19.16%), Copper: 0.38mg (19.05%), Vitamin E: 2.76mg (18.43%), Magnesium: 69.79mg (17.45%), Potassium: 590.24mg (16.86%), Vitamin K: 16.49µg (15.7%), Vitamin B3: 3.13mg (15.67%), Vitamin B1: 0.19mg (12.98%), Zinc: 1.83mg (12.21%), Calcium: 100.9mg (10.09%), Iron: 1.72mg (9.53%), Vitamin B5: 0.86mg (8.56%), Vitamin B2: 0.09mg (5.35%)