



Shrimp with Black Bean Sauce



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons asian black bean sauce prepared
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 cups fat-skimmed chicken broth
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons juice of lemon
- ☐ 9 ounces pasta fresh
- ☐ 2 teaspoons olive oil

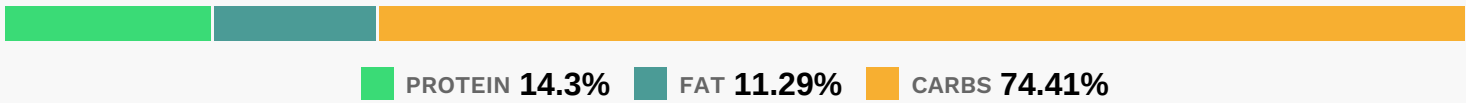
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ In a 5- to 6-quart pan over medium-high heat, stir olive oil and garlic until garlic is limp but not browned, 2 to 3 minutes.
- ☐ Add black bean sauce, lemon juice, wine, and broth.
- ☐ Turn heat to high and stir often until sauce boils, about 2 minutes.
- ☐ Add pasta, return to a boil, then add shrimp. Stir often until pasta is tender to bite and shrimp are opaque but moist-looking in center of thickest part (cut to test), 5 to 8 minutes. Ladle into wide bowls and sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:19.3, Inflammation Score:-4, Nutrition Score:9.0978259521982%

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 Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 287.85kcal (14.39%), Fat: 3.4g (5.23%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 50.39g (16.8%), Net Carbohydrates: 47.85g (17.4%), Sugar: 3.12g (3.47%), Cholesterol: 0mg (0%), Sodium: 470.12mg (20.44%), Alcohol: 2.06g (100%), Alcohol %: 1.21% (100%), Protein: 9.68g (19.36%), Selenium: 42.96µg (61.37%), Manganese: 0.64mg (32%), Phosphorus: 139.03mg (13.9%), Copper: 0.21mg (10.66%), Fiber: 2.54g (10.16%), Magnesium: 37.93mg (9.48%), Vitamin B3: 1.77mg (8.83%), Iron: 1.25mg (6.93%), Vitamin B6: 0.13mg (6.56%), Zinc: 0.97mg (6.43%),

Potassium: 208.19mg (5.95%), Vitamin K: 5.49µg (5.23%), Vitamin B1: 0.07mg (4.7%), Vitamin B5: 0.44mg (4.42%),
Vitamin C: 3.5mg (4.24%), Vitamin B2: 0.07mg (4.07%), Folate: 15.17µg (3.79%), Vitamin B12: 0.23µg (3.78%),
Vitamin E: 0.4mg (2.69%), Calcium: 22.46mg (2.25%), Vitamin A: 90.49IU (1.81%)