



Shrimp with Cannellini-Bean Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon flat-leaf parsley chopped
- 1.5 tablespoons sage leaves dried fresh chopped
- 2 cloves garlic minced
- 0.3 teaspoon fresh-ground pepper black
- 0.5 cup olive oil
- 1 small onion minced
- 0.5 teaspoon salt
- 1.5 pounds shrimp shelled

- 1 tablespoon red-wine vinegar

Equipment

- bowl
- grill
- broiler
- skewers
- metal skewers

Directions

- Light the grill or heat the broiler. Thread the shrimp onto four skewers. In a shallow glass dish, combine 1/4 cup of the oil with the garlic and 1/4 teaspoon of the salt.
- Add the skewers and turn to coat the shrimp. Set aside.
- In a medium bowl, combine the onion with the remaining 1/4 cup oil and 1/4 teaspoon salt, the parsley, sage, vinegar, and pepper. Gently stir in the beans.
- Grill or broil the shrimp, turning once, until just done, about 5 minutes in all.
- Serve the shrimp with the bean salad.
- Test-Kitchen Tip: We put the shrimp on skewers before grilling so that they don't fall through the grate. If you don't have metal skewers, the disposable wooden ones work just fine. Soak them in water for ten or fifteen minutes before using them so that they don't burn up. Or you could use a grilling basket.
- Wine Recommendation: The beans and the shrimp require a white with good body and full flavor. Tocai friulano gives you both, while at the same time contributing a lively acidity that refreshes the palate.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:11.313043570389%

Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 206.21kcal (10.31%), Fat: 6.42g (9.87%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.77g (0.85%), Cholesterol: 273.86mg (91.29%), Sodium: 495.16mg (21.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.62g (69.23%), Copper: 7.5mg (375.03%), Phosphorus: 373.29mg (37.33%), Vitamin K: 19.95µg (19%), Manganese: 0.35mg (17.39%), Magnesium: 66.36mg (16.59%), Zinc: 2.38mg (15.88%), Potassium: 498.99mg (14.26%), Calcium: 132.74mg (13.27%), Iron: 1.32mg (7.35%), Vitamin E: 0.79mg (5.27%), Vitamin C: 3.11mg (3.77%), Fiber: 0.56g (2.22%), Vitamin B6: 0.04mg (2.04%), Vitamin A: 85.41IU (1.71%), Vitamin B1: 0.02mg (1.25%), Folate: 4.91µg (1.23%)