



Shrimp with Minty Couscous Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups chicken broth low-sodium homemade canned
- ☐ 1 cup couscous
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 4 servings pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 5 tablespoons olive oil
- ☐ 1 cup peas frozen thawed
- ☐ 1.8 teaspoons salt

- ☐ 1 pound shrimp shelled
- ☐ 1 large tomatoes cut into small dice

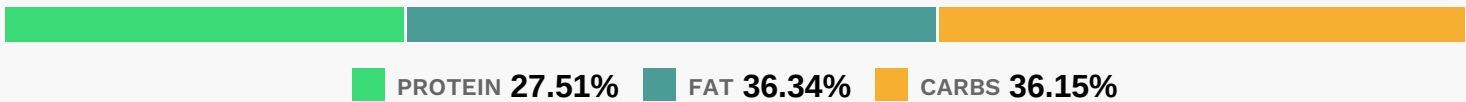
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, bring the broth and 1 teaspoon of the salt to a boil. Stir in the couscous. Cover, remove from the heat, and let stand 5 minutes.
- ☐ Transfer to a large bowl and let cool.
- ☐ Add the tomato, peas, mint, 4 tablespoons of the oil, the lemon juice, 1/2 teaspoon of the salt, and 1/4 teaspoon pepper to the couscous.
- ☐ In a large nonstick frying pan, heat the remaining 1 tablespoon oil over moderately high heat.
- ☐ Add the shrimp, the remaining 1/4 teaspoon salt, and 1/8 teaspoon pepper. Cook turning, until just done, about 3 minutes in all.
- ☐ Serve the couscous salad topped with the shrimp.
- ☐ Variation: Replace the shrimp with sea scallops. Cook the scallops in the same way and for about the same length of time, until they just turn opaque.
- ☐ Wine Recommendation: Mint is one of those ingredients that can be tricky to pair with wine, but sauvignon blanc handles it well. The wine also marries beautifully with shrimp and peas. Choose one from either Alto Adige or Friuli, both in northeastern Italy.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:22.24, Inflammation Score:-7, Nutrition Score:16.04347833084%

Flavonoids

Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 471.26kcal (23.56%), Fat: 19.2g (29.53%), Saturated Fat: 2.8g (17.47%), Carbohydrates: 42.96g (14.32%), Net Carbohydrates: 37.69g (13.7%), Sugar: 3.56g (3.95%), Cholesterol: 182.57mg (60.86%), Sodium: 1189.49mg (51.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.69g (65.39%), Phosphorus: 397.68mg (39.77%), Copper: 0.71mg (35.39%), Manganese: 0.66mg (32.88%), Vitamin C: 25.42mg (30.82%), Vitamin K: 23.28µg (22.17%), Fiber: 5.27g (21.09%), Magnesium: 81.72mg (20.43%), Potassium: 685.01mg (19.57%), Vitamin B3: 3.85mg (19.27%), Vitamin E: 2.83mg (18.83%), Vitamin A: 896.27IU (17.93%), Zinc: 2.56mg (17.09%), Iron: 2.31mg (12.81%), Vitamin B1: 0.19mg (12.69%), Folate: 46.97µg (11.74%), Calcium: 115.47mg (11.55%), Vitamin B6: 0.17mg (8.25%), Vitamin B2: 0.13mg (7.83%), Vitamin B5: 0.65mg (6.46%), Vitamin B12: 0.09µg (1.48%)