



White Bean Salad with Shrimp and Asparagus



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

Ingredients

- ☐ 2 cups asparagus sliced (1-inch) ()
- ☐ 3 slices bacon
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 19 ounce cannellini beans drained and rinsed canned
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 cup fat-skimmed beef broth fat-free
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove minced

- ☐ 0.5 cup spring onion chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon salt divided
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 2 cups pkt spinach
- ☐ 1 teaspoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Steam asparagus, covered, 3 minutes.
- ☐ Drain and rinse with cold water.
- ☐ Sprinkle shrimp with 1/8 teaspoon pepper and 1/8 teaspoon salt.
- ☐ Heat oil in a medium nonstick skillet over medium-high heat.
- ☐ Add shrimp; saut 4 minutes.
- ☐ Remove from pan; place in a large bowl.
- ☐ Add asparagus, spinach, and beans to shrimp; toss well.
- ☐ Add bacon to pan; cook over medium heat until crisp.
- ☐ Remove bacon from pan; crumble. Reserve 2 teaspoons drippings in pan.
- ☐ Add onions and garlic; cook 3 minutes or until soft, stirring frequently.
- ☐ Remove from heat; add remaining pepper, 1/8 teaspoon salt, bacon, broth, and the remaining ingredients.
- ☐ Drizzle dressing over salad; toss to coat.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 36.91%**  **FAT 23.15%**  **CARBS 39.94%**

Properties

Glycemic Index:65.25, Glycemic Load:7.61, Inflammation Score:-9, Nutrition Score:26.039130358592%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg, Quercetin: 11.34mg

Nutrients (% of daily need)

Calories: 330.51kcal (16.53%), Fat: 8.72g (13.42%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 33.86g (11.29%), Net Carbohydrates: 25.2g (9.17%), Sugar: 2.25g (2.5%), Cholesterol: 147.82mg (49.27%), Sodium: 436.73mg (18.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.29g (62.58%), Vitamin K: 148.99µg (141.9%), Manganese: 1.04mg (52.1%), Vitamin A: 2129.93IU (42.6%), Copper: 0.82mg (40.99%), Folate: 162.7µg (40.67%), Phosphorus: 379.7mg (37.97%), Iron: 6.7mg (37.2%), Fiber: 8.66g (34.64%), Potassium: 1148.71mg (32.82%), Magnesium: 126.05mg (31.51%), Zinc: 3.36mg (22.42%), Calcium: 198.7mg (19.87%), Vitamin B1: 0.29mg (19.64%), Vitamin C: 14.78mg (17.92%), Vitamin E: 2.38mg (15.86%), Vitamin B6: 0.26mg (12.95%), Vitamin B2: 0.2mg (11.9%), Selenium: 7.68µg (10.97%), Vitamin B3: 1.75mg (8.76%), Vitamin B5: 0.58mg (5.82%), Vitamin B12: 0.11µg (1.85%)