



Almond-Crusted Shrimp

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup flour all-purpose
- ☐ 1.3 teaspoons salt
- ☐ 1 large eggs
- ☐ 2 tablespoons water
- ☐ 1 cup breadcrumbs plain dry
- ☐ 0.5 cup almonds sliced
- ☐ 1 lb shrimp frozen thawed deveined uncooked peeled
- ☐ 0.3 cup butter melted

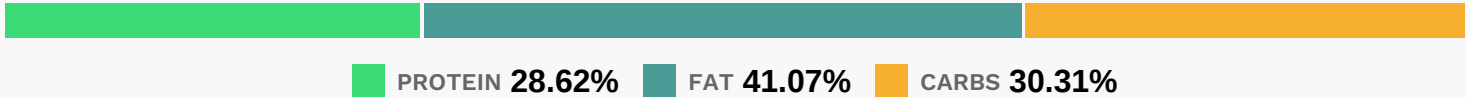
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 375°F. Generously spray 15x10x1-inch pan with cooking spray.
- ☐ In shallow dish, mix flour and salt. In another shallow dish, beat egg and water with fork or wire whisk until well mixed. In third shallow dish, mix bread crumbs and almonds.
- ☐ Coat shrimp with flour mixture. Dip shrimp into egg, coating well; finally, cover with bread crumb mixture, spooning mixture over shrimp and pressing to coat.
- ☐ Place coated shrimp in pan.
- ☐ Drizzle with butter.
- ☐ Bake 30 to 35 minutes or until shrimp are pink and firm.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:8.73, Inflammation Score:-6, Nutrition Score:15.730000046203%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 446.38kcal (22.32%), Fat: 20.51g (31.55%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 34.06g (11.35%), Net Carbohydrates: 30.99g (11.27%), Sugar: 2.26g (2.51%), Cholesterol: 229.07mg (76.36%), Sodium:

1211.64mg (52.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.15g (64.3%), Phosphorus: 387.42mg (38.74%), Copper: 0.66mg (33.2%), Manganese: 0.66mg (33.01%), Vitamin B1: 0.41mg (27.58%), Vitamin E: 3.55mg (23.64%), Selenium: 16.41µg (23.45%), Vitamin B2: 0.38mg (22.32%), Magnesium: 87.81mg (21.95%), Iron: 3.27mg (18.17%), Folate: 68.56µg (17.14%), Zinc: 2.54mg (16.95%), Calcium: 167.19mg (16.72%), Vitamin B3: 3.14mg (15.71%), Potassium: 476.66mg (13.62%), Fiber: 3.07g (12.3%), Vitamin A: 575.1IU (11.5%), Vitamin B5: 0.47mg (4.75%), Vitamin B6: 0.08mg (3.89%), Vitamin B12: 0.22µg (3.67%), Vitamin K: 1.87µg (1.78%), Vitamin D: 0.25µg (1.67%)