



## Breaded Shrimp with Honey-Mustard Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



126 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 large egg whites lightly beaten
- 0.3 teaspoon garlic powder
- 1 Dash ground pepper red
- 1 tablespoon honey
- 0.1 teaspoon onion powder
- 1 teaspoon orange juice
- 0.5 cup panko bread crumbs toasted (Japanese breadcrumbs)
- 1 Dash salt

- 0.8 pound shrimp deveined peeled
- 1 tablespoon dijon mustard

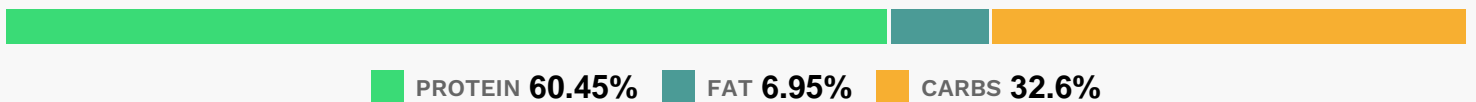
## Equipment

- frying pan
- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 40
- To prepare shrimp, coat a baking sheet with cooking spray.
- Place prepared pan in 400 oven for 10 minutes.
- Combine panko, 1/4 teaspoon garlic powder, onion powder, and salt in a shallow dish, stirring with a whisk.
- Place egg white in another shallow dish. Dip shrimp in egg white, and dredge in panko mixture.
- Place on preheated baking sheet.
- Bake at 400 for 10 minutes or until done.
- To prepare sauce, combine mustard and the remaining ingredients.
- Serve sauce with shrimp.

## Nutrition Facts



## Properties

Glycemic Index:43.32, Glycemic Load:2.37, Inflammation Score:-1, Nutrition Score:4.7947826994502%

## Flavonoids

Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

## Nutrients (% of daily need)

Calories: 126.15kcal (6.31%), Fat: 0.98g (1.51%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 9.82g (3.57%), Sugar: 5.05g (5.61%), Cholesterol: 136.93mg (45.64%), Sodium: 221.14mg (9.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.22g (38.45%), Phosphorus: 201.22mg (20.12%), Copper: 0.36mg (18.02%), Magnesium: 36.25mg (9.06%), Zinc: 1.3mg (8.64%), Potassium: 267.89mg (7.65%), Calcium: 72.03mg (7.2%), Selenium: 4.91µg (7.02%), Manganese: 0.12mg (6.06%), Vitamin B1: 0.08mg (5.51%), Iron: 0.91mg (5.06%), Vitamin B2: 0.07mg (4.23%), Vitamin B3: 0.54mg (2.72%), Folate: 9.4µg (2.35%), Fiber: 0.55g (2.18%), Vitamin C: 0.95mg (1.15%)