

Cheesy Chipotle Shrimp with Jicama Slaw

READY IN



40 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chipotle cheese shredded kraft
- 0.5 tsp chipotle chile pepper powder
- 1 eggs
- 0.3 tsp garlic powder
- 2 green onions cut into thin slices
- 1 Tbsp honey
- 1 jicama peeled cut into matchlike sticks
- 0.5 cup panko bread crumbs
- 0.3 cup classic ranch dressing kraft

- 1 bell pepper red cut into thin strips
- 1 lb shrimp with tails left on, deveined uncooked peeled

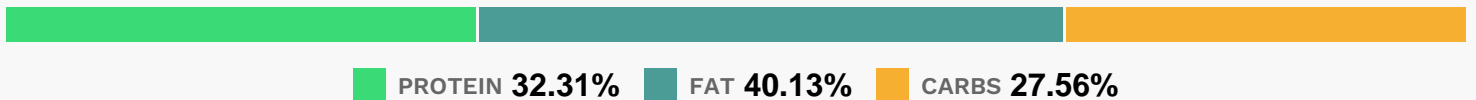
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 375F.
- Combine cheese, bread crumbs and seasonings in medium bowl. Cover baking sheet with foil; spray with cooking spray. Beat egg in shallow dish; dip shrimp, 1 at a time, in egg, then in cheese mixture, turning to evenly coat each shrimp.
- Place on prepared baking sheet. Discard any unused cheese mixture.
- Bake 20 min. or until shrimp are tender and golden brown.
- Combine vegetables in medium bowl.
- Mix dressing and honey.
- Add to vegetable mixture; toss to coat.
- Serve with shrimp.

Nutrition Facts



Properties

Glycemic Index:27.21, Glycemic Load:2.59, Inflammation Score:-7, Nutrition Score:14.299130305%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 274.93kcal (13.75%), Fat: 12.39g (19.06%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 12.88g (4.68%), Sugar: 6.82g (7.58%), Cholesterol: 170.43mg (56.81%), Sodium: 356.64mg (15.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.44g (44.88%), Vitamin C: 48.34mg (58.6%), Phosphorus: 316.49mg (31.65%), Fiber: 6.26g (25.05%), Vitamin K: 23.79µg (22.65%), Calcium: 215.35mg (21.54%), Copper: 0.38mg (19.15%), Vitamin A: 916.04IU (18.32%), Selenium: 10.06µg (14.38%), Zinc: 2.14mg (14.27%), Potassium: 461.4mg (13.18%), Magnesium: 51.6mg (12.9%), Vitamin B2: 0.2mg (11.7%), Folate: 38.15µg (9.54%), Iron: 1.65mg (9.16%), Manganese: 0.18mg (8.88%), Vitamin E: 1.29mg (8.57%), Vitamin B6: 0.14mg (7.19%), Vitamin B1: 0.09mg (6.25%), Vitamin B5: 0.52mg (5.15%), Vitamin B12: 0.3µg (4.99%), Vitamin B3: 0.79mg (3.96%), Vitamin D: 0.27µg (1.8%)