



Crispy Broiled Shrimp with Cocktail Sauce

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup round buttery crackers crushed reduced-fat finely (22 crackers)
- ☐ 0.3 cup cornstarch
- ☐ 2 large egg whites
- ☐ 0.5 cup cocktail sauce
- ☐ 4 servings lemon wedges
- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled (24 shrimp)

- ☐ 1 tablespoon water
- ☐ 0.3 teaspoon pepper white

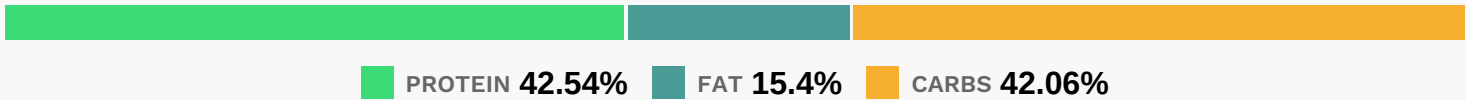
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Combine shrimp and cornstarch in a heavy-duty zip-top plastic bag; seal and shake to coat.
- ☐ Combine water and egg whites in a bowl; beat with a whisk until foamy.
- ☐ Combine cracker crumbs, paprika, salt, and pepper. Dip shrimp in egg white mixture; dredge in crumb mixture.
- ☐ Place on a baking sheet coated with cooking spray; lightly coat shrimp with cooking spray.
- ☐ Preheat broiler.
- ☐ Broil 5 minutes or until shrimp are done, turning once.
- ☐ Serve with cocktail sauce and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:6.838695715303%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 247.4kcal (12.37%), Fat: 4.19g (6.45%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 25.77g (8.59%), Net Carbohydrates: 25.11g (9.13%), Sugar: 8.25g (9.16%), Cholesterol: 182.57mg (60.86%), Sodium: 796.13mg (34.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.06g (52.12%), Phosphorus: 289.09mg (28.91%), Copper: 0.48mg (23.78%), Magnesium: 45.72mg (11.43%), Zinc: 1.65mg (10.97%), Potassium: 357.26mg (10.21%), Calcium: 98.93mg (9.89%), Iron: 1.44mg (8.01%), Vitamin K: 7.9µg (7.53%), Vitamin B2: 0.12mg (6.98%), Manganese: 0.14mg (6.92%), Selenium: 4.25µg (6.08%), Vitamin A: 246.49IU (4.93%), Vitamin B1: 0.07mg (4.6%), Vitamin E: 0.67mg (4.47%), Vitamin B3: 0.8mg (4%), Folate: 11.83µg (2.96%), Fiber: 0.65g (2.61%), Vitamin B6: 0.02mg (1.07%), Vitamin B5: 0.1mg (1.01%)