



Crispy Broiled Shrimp With Tangy Cocktail Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups round buttery crackers crushed reduced-fat finely (35 crackers) (such as Ritz)
- 0.3 cup cornstarch
- 2 large egg whites
- 0.3 teaspoon ground pepper white
- 6 servings tangy cocktail sauce
- 6 servings lemon wedges
- 1 teaspoon paprika

- 0.3 teaspoon salt
- 1 pound shrimp deveined peeled (24 shrimp)
- 1 tablespoon water

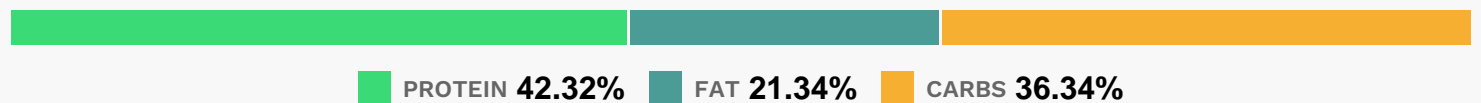
Equipment

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

Directions

- Combine shrimp and cornstarch in a zip-top plastic bag; seal and shake to coat.
- Combine water and egg whites in a bowl; beat with a whisk until foamy.
- Combine 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 Tangy Cocktail Sauce and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:5.2139130409645%

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: 166.8kcal (8.34%), Fat: 3.94g (6.06%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 14.53g (5.28%), Sugar: 1.59g (1.77%), Cholesterol: 121.71mg (40.57%), Sodium: 350.27mg (15.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.57g (35.14%), Phosphorus: 206.43mg (20.64%), Copper: 0.32mg (16.17%), Magnesium: 31.46mg (7.86%), Zinc: 1.13mg (7.52%), Vitamin K: 7.77µg (7.4%), Calcium: 73.74mg (7.37%), Potassium: 244.58mg (6.99%), Iron: 1.19mg (6.59%), Manganese: 0.12mg (5.97%), Vitamin B2: 0.09mg (5.44%), Vitamin B1: 0.07mg (4.55%), Selenium: 3.07µg (4.38%), Vitamin E: 0.62mg (4.15%), Vitamin B3: 0.78mg (3.89%), Vitamin A: 164.4IU (3.29%), Folate: 11.52µg (2.88%), Fiber: 0.56g (2.24%)