



Crispy Herbed Shrimp with Chive Aioli

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cornstarch
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 large egg whites lightly beaten
- ☐ 3 tablespoons chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 0.5 cup greek yogurt 2%
- ☐ 0.3 teaspoon ground pepper red

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup canola mayonnaise
- ☐ 2 tablespoons olive oil divided
- ☐ 0.8 cup panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled

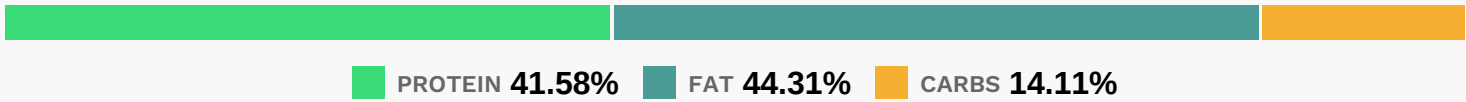
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine 1/4 cup panko, parsley, thyme, and crushed red pepper in a mini food processor; pulse to combine.
- ☐ Combine herb mixture with remaining 1/2 cup panko in a shallow dish.
- ☐ Place cornstarch and egg whites in separate shallow dishes.
- ☐ Sprinkle shrimp with salt and black pepper. Dredge half of shrimp in cornstarch, shaking off excess; dip into egg whites. Dredge shrimp in panko mixture; press to adhere. Repeat procedure with remaining shrimp.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add half of shrimp to pan; cook 3 minutes on each side or until done. Repeat with remaining oil and shrimp.
- ☐ Combine yogurt and remaining ingredients in a small bowl.
- ☐ Serve with shrimp.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:0.14, Inflammation Score:-8, Nutrition Score:12.779130590999%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 388.93kcal (19.45%), Fat: 19.14g (29.45%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 12.83g (4.67%), Sugar: 1.87g (2.08%), Cholesterol: 280.99mg (93.66%), Sodium: 557.74mg (24.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.42g (80.84%), Vitamin K: 49.34µg (46.99%), Phosphorus: 426.5mg (42.65%), Copper: 0.72mg (36.03%), Magnesium: 72.97mg (18.24%), Zinc: 2.65mg (17.69%), Calcium: 168.38mg (16.84%), Potassium: 563.82mg (16.11%), Selenium: 9.1µg (13%), Vitamin B2: 0.2mg (11.85%), Manganese: 0.21mg (10.71%), Vitamin E: 1.56mg (10.39%), Iron: 1.86mg (10.31%), Vitamin B1: 0.12mg (8.07%), Vitamin C: 5.79mg (7.01%), Vitamin A: 311.24IU (6.22%), Folate: 20.4µg (5.1%), Vitamin B3: 0.89mg (4.43%), Vitamin B12: 0.25µg (4.1%), Fiber: 0.87g (3.48%), Vitamin B6: 0.05mg (2.28%), Vitamin B5: 0.22mg (2.23%)