



## Crispy Seafood Salad with Citrus Vinaigrette

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup vegetable oil
- 1 cup buttermilk
- 1 large shrimp uncooked
- 0.5 cup flour all-purpose
- 2 cups panko bread crumbs crispy
- 1 medium onion red thinly sliced
- 3 cranberry-orange relish peeled cut in between sections as segents
- 9 oz baby arugula loosely packed
- 6 tablespoons salad dressing

- 1 serving sea salt finely
- 1 serving pepper black freshly ground

## Equipment

- bowl
- frying pan
- paper towels
- sieve
- wok

## Directions

- Heat the oil in a wok or deep-sided skillet on medium-high heat.
- Place buttermilk in medium bowl; add shrimp, and soak for 5 minutes.
- Place flour and bread crumbs in separate shallow bowls.
- Drain the shrimp in a sieve over another shallow bowl to capture the buttermilk. Dip the shrimp into flour to coat, then dip in buttermilk, and finally dredge in bread crumbs. Fry the shrimp in hot oil in batches until golden brown, about 3 minutes.
- Drain on paper towels to absorb any excess oil.
- Gently toss the red onion with the orange segments and their juices; add spinach and toss.
- Drizzle the dressing over the top. Toss to evenly coat the ingredients. Divide salad among 6 large salad pates. Top with shrimp. Season with salt and pepper.
- Serve immediately.

## Nutrition Facts



**PROTEIN 9.94%** **FAT 39.92%** **CARBS 50.14%**

## Properties

Glycemic Index:39.92, Glycemic Load:9.63, Inflammation Score:-8, Nutrition Score:16.683478241381%

## Flavonoids

Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.75mg, Isorhamnetin: 2.75mg, Isorhamnetin: 2.75mg, Isorhamnetin: 2.75mg Kaempferol: 15.04mg, Kaempferol: 15.04mg, Kaempferol: 15.04mg, Kaempferol: 15.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg

## **Nutrients (% of daily need)**

Calories: 289.76kcal (14.49%), Fat: 13.09g (20.14%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 33.25g (12.09%), Sugar: 12.51g (13.9%), Cholesterol: 7.08mg (2.36%), Sodium: 374.13mg (16.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.68%), Vitamin K: 69.13µg (65.83%), Vitamin C: 42.64mg (51.68%), Folate: 106.85µg (26.71%), Vitamin B1: 0.38mg (25.39%), Vitamin A: 1227.97IU (24.56%), Manganese: 0.44mg (22%), Calcium: 185.6mg (18.56%), Vitamin B2: 0.27mg (15.8%), Selenium: 10.88µg (15.54%), Fiber: 3.75g (15%), Iron: 2.23mg (12.41%), Potassium: 422.97mg (12.08%), Phosphorus: 120.54mg (12.05%), Vitamin B3: 2.33mg (11.66%), Magnesium: 44.57mg (11.14%), Vitamin E: 1.26mg (8.37%), Copper: 0.15mg (7.72%), Vitamin B6: 0.14mg (7.23%), Vitamin B5: 0.68mg (6.8%), Zinc: 0.82mg (5.49%), Vitamin B12: 0.25µg (4.23%), Vitamin D: 0.52µg (3.47%)