



Crispy Sesame Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 1 large egg white lightly beaten
- 0.1 teaspoon garlic powder
- 0.3 teaspoon paprika
- 0.1 teaspoon salt
- 1 teaspoon sesame seed
- 0.8 pound shrimp deveined peeled
- 0.8 cup herb-seasoned stuffing mix crushed (such as Pepperidge Farm)

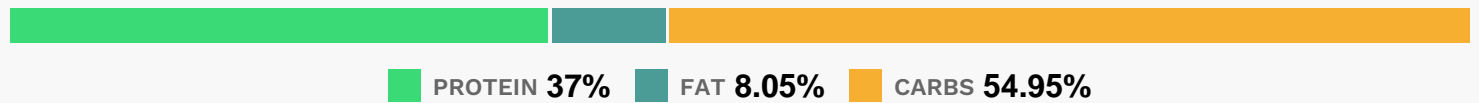
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 42
- Combine the first 6 ingredients in a small bowl.
- Place the egg white in a small shallow bowl. Dip shrimp in egg white, and dredge in stuffing mixture.
- Place the shrimp on a large baking sheet coated with cooking spray. Lightly coat shrimp with cooking spray.
- Bake at 425 for 15 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:20.132608660294%

Nutrients (% of daily need)

Calories: 502.99kcal (25.15%), Fat: 4.45g (6.84%), Saturated Fat: 1g (6.24%), Carbohydrates: 68.31g (22.77%), Net Carbohydrates: 65.22g (23.72%), Sugar: 7.49g (8.32%), Cholesterol: 274.74mg (91.58%), Sodium: 1622.09mg (70.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46g (92.01%), Selenium: 46.3µg (66.14%), Phosphorus: 499.63mg (49.96%), Copper: 0.93mg (46.27%), Folate: 150.91µg (37.73%), Vitamin B1: 0.54mg (35.94%), Manganese: 0.63mg (31.58%), Vitamin B3: 5.21mg (26.03%), Vitamin B2: 0.44mg (25.7%), Magnesium: 101.15mg (25.29%), Iron: 4.5mg (25%), Zinc: 3.21mg (21.37%), Calcium: 207.19mg (20.72%), Potassium: 708.51mg (20.24%), Fiber: 3.09g (12.37%), Vitamin B6: 0.15mg (7.62%), Vitamin B5: 0.39mg (3.94%), Vitamin E: 0.41mg (2.77%), Vitamin A: 125.68IU (2.51%), Vitamin K: 1.38µg (1.32%)