



Crispy Shrimp with Citrus Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons plus light
- ☐ 2 tablespoons cornstarch
- ☐ 2 large egg whites
- ☐ 10 servings mint leaves fresh
- ☐ 3 garlic clove minced
- ☐ 0.5 cup grapefruit juice fresh
- ☐ 0.5 teaspoon pepper black
- ☐ 5 cups lettuce shredded

- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup chicken broth canned
- ☐ 1 cup tangerine juice fresh
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon hot sauce hot
- ☐ 0.5 teaspoon salt
- ☐ 3.8 ounces sesame seed
- ☐ 30 large shrimp deveined uncooked peeled
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ pie form

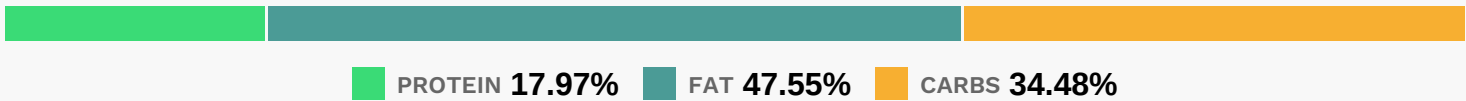
Directions

- ☐ Bring all ingredients to boil in medium saucepan. Boil until slightly syrupy and reduced to 1 cup, about 12 minutes. Season with salt and pepper.
- ☐ Remove from heat. (Can be made 1 day ahead. Cover and refrigerate. Rewarm over medium heat before using.)
- ☐ Place large rack on baking sheet.
- ☐ Whisk first 6 ingredients in medium bowl until well blended.
- ☐ Add shrimp; toss.

- ☐
- Spread sesame seeds in pie dish. Dip shrimp into seeds, coating both sides.

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Nutrition Facts



Properties

Glycemic Index:28.11, Glycemic Load:4, Inflammation Score:-5, Nutrition Score:9.5321739011485%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 200.47kcal (10.02%), Fat: 11.13g (17.13%), Saturated Fat: 1.64g (10.23%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 16.16g (5.88%), Sugar: 12.37g (13.74%), Cholesterol: 48.3mg (16.1%), Sodium: 180.33mg (7.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.47g (18.93%), Copper: 0.58mg (29.2%), Vitamin C: 17.53mg (21.25%), Manganese: 0.37mg (18.63%), Vitamin K: 19.08µg (18.17%), Phosphorus: 150.48mg (15.05%), Calcium: 142.78mg (14.28%), Magnesium: 56.99mg (14.25%), Iron: 2.11mg (11.71%), Zinc: 1.38mg (9.19%), Potassium: 290.74mg (8.31%), Vitamin B1: 0.12mg (8.28%), Fiber: 2.01g (8.03%), Vitamin A: 390.5IU (7.81%), Selenium: 5.3µg (7.58%), Vitamin B6: 0.13mg (6.71%), Folate: 26.21µg (6.55%), Vitamin B2: 0.08mg (4.71%), Vitamin E: 0.66mg (4.38%), Vitamin B3: 0.73mg (3.67%), Vitamin B5: 0.13mg (1.28%)