



Crispy Shrimp with Citrus Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



199 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

- 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

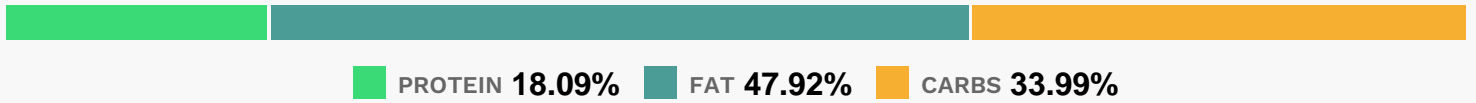
- bowl
- frying pan
- baking sheet
- sauce pan
- whisk
- pie form

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.

- Place coated shrimp on rack.
- Heat oil in large nonstick skillet over medium-high heat.
- Add half of shrimp; sauté until golden outside and opaque in center, about 2 minutes per side.
- Transfer to plate. Repeat with remaining shrimp.
- Divide lettuce among 10 plates. Top with shrimp.
- Drizzle glaze over shrimp.
- Garnish with mint.

Nutrition Facts



Properties

Glycemic Index:28.11, Glycemic Load:4, Inflammation Score:-5, Nutrition Score:9.349130410863%

Flavonoids

Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 5.3mg, Hesperetin: 5.3mg, Hesperetin: 5.3mg, Hesperetin: 5.3mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg 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: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 199.12kcal (9.96%), Fat: 11.12g (17.11%), Saturated Fat: 1.63g (10.22%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 15.75g (5.73%), Sugar: 12.21g (13.57%), Cholesterol: 48.3mg (16.1%), Sodium: 180.27mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.45g (18.89%), Copper: 0.58mg (29.15%), Manganese: 0.37mg (18.59%), Vitamin C: 15.17mg (18.39%), Vitamin K: 19.08µg (18.17%), Phosphorus: 150mg (15%), Calcium: 142.41mg (14.24%), Magnesium: 56.62mg (14.15%), Iron: 2.1mg (11.68%), Zinc: 1.38mg (9.17%), Vitamin B1: 0.12mg (8.19%), Potassium: 284.46mg (8.13%), Fiber: 1.99g (7.96%), Vitamin A: 390.14IU (7.8%), Selenium: 5.3µg (7.57%), Vitamin B6: 0.13mg (6.57%), Folate: 24.99µg (6.25%), Vitamin B2: 0.08mg (4.66%), Vitamin E: 0.65mg (4.32%), Vitamin B3: 0.73mg (3.64%), Vitamin B5: 0.12mg (1.2%)