



Crusted Shrimp With Spicy Black Beans and Saffron Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings spicy black beans
- ☐ 1 teaspoon peppercorns black
- ☐ 3 tablespoons light-colored corn syrup
- ☐ 1 tablespoon cumin seeds
- ☐ 2 large egg whites lightly beaten
- ☐ 1.5 teaspoons fennel seeds
- ☐ 1 teaspoon olive oil

- ☐ 1 teaspoon orange peel dried
- ☐ 4 servings saffron sauce
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 0.5 cup sunflower seed kernels

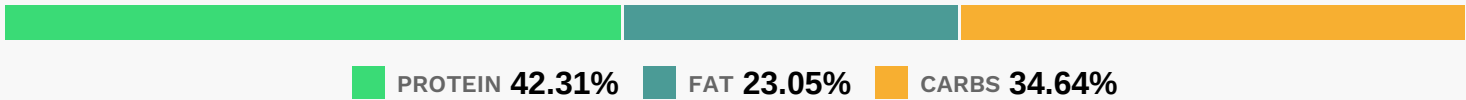
Equipment

- ☐ frying pan

Directions

- ☐ Heat a nonstick skillet over medium-high heat until hot.
- ☐ Add cumin and fennel seeds; cook 1 minute or until cumin seeds are browned.
- ☐ Place cumin mixture in a spice or coffee grinder.
- ☐ Add sunflower kernels, orange peel, and peppercorns; process until ground.
- ☐ Place seed mixture in a shallow dish.
- ☐ Combine syrup and egg whites. Dip shrimp in syrup mixture; dredge one side of shrimp in seed mixture. Set aside, coated side up.
- ☐ Heat oil in a nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Place shrimp, coated side down, in skillet; saut 3 minutes on each side.
- ☐ Serve immediately with Spicy Black Beans and Saffron Sauce.
- ☐ Garnish with green onion, if desired.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:7.25, Inflammation Score:-7, Nutrition Score:24.109130525071%

Flavonoids

Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg

Nutrients (% of daily need)

Calories: 434.6kcal (21.73%), Fat: 11.55g (17.77%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 39.07g (13.02%), Net Carbohydrates: 29.32g (10.66%), Sugar: 13.27g (14.74%), Cholesterol: 273.86mg (91.29%), Sodium: 247.32mg (10.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.71g (95.42%), Manganese: 1.29mg (64.49%), Phosphorus: 612.93mg (61.29%), Copper: 1.19mg (59.47%), Magnesium: 189.16mg (47.29%), Folate: 168.24µg (42.06%), Vitamin E: 6.1mg (40.65%), Fiber: 9.75g (39%), Vitamin B1: 0.48mg (32.24%), Zinc: 4.28mg (28.55%), Potassium: 961.91mg (27.48%), Iron: 4.94mg (27.47%), Selenium: 13.52µg (19.31%), Calcium: 178.18mg (17.82%), Vitamin B6: 0.31mg (15.48%), Vitamin B2: 0.2mg (11.49%), Vitamin B3: 1.99mg (9.97%), Vitamin B5: 0.45mg (4.47%), Vitamin C: 2mg (2.42%), Vitamin K: 2.48µg (2.37%)