



WHATSheATE



## Dinner Tonight: Crisp Chipotle Shrimp with Corn and Scallions

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 teaspoons chipotles in adobo finely chopped
- ☐ 4 cups regular corn (cut from 7 ears)
- ☐ 0.3 cup mayonnaise
- ☐ 1 cups panko bread crumbs (Japanese bread crumbs)
- ☐ 0.8 teaspoon salt
- ☐ 4 spring onion thinly sliced
- ☐ 1 pound shrimp deveined peeled per pound)

☐ 0.3 cup water

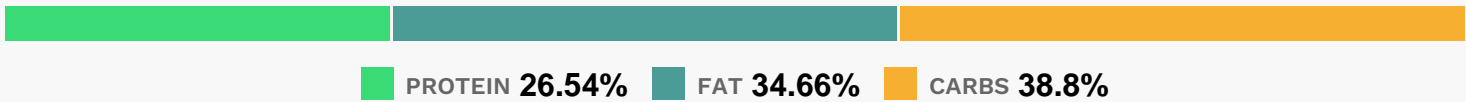
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Adjust oven rack to middle position and preheat oven to 475°F.
- ☐ Whisk mayonnaise, chipotle chiles plus sauce, and the salt in small bowl. Set aside.
- ☐ Combine 1 1/2 cups corn with water and two tablespoons of chipotle mayonnaise in bowl of food processor. Pulse until coarse puree is formed, about 8 to 10 one-second pulses.
- ☐ Transfer mixture to 2-quart ovenproof dish, then stir in the remaining corn and scallions.
- ☐ Transfer to the oven and cook until corn is tender, 20 to 25 minutes,
- ☐ Meanwhile, toss shrimp with remaining chipotle mayonnaise.
- ☐ Add panko to large bowl. Toss mayo-coated shrimp with the panko until evenly coated, then spread on piece of parchment paper on a baking sheet on a single layer.
- ☐ Bake until golden and just cooked through, about 18 minutes. If corn is finished before shrimp, return to oven during last 2 minutes of shrimp cooking time to reheat.
- ☐ Place shrimp on top of corn, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:16.12, Inflammation Score:-6, Nutrition Score:16.30869566876%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 435.92kcal (21.8%), Fat: 17.67g (27.18%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 44.51g (14.84%), Net Carbohydrates: 39.58g (14.39%), Sugar: 8.47g (9.42%), Cholesterol: 190.41mg (63.47%), Sodium: 803.78mg (34.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.45g (60.89%), Vitamin K: 56.87µg (54.16%), Phosphorus: 394.36mg (39.44%), Copper: 0.57mg (28.7%), Manganese: 0.45mg (22.7%), Magnesium: 88.97mg (22.24%), Potassium: 701.43mg (20.04%), Vitamin B1: 0.3mg (19.78%), Fiber: 4.93g (19.73%), Zinc: 2.77mg (18.46%), Vitamin B3: 3.65mg (18.25%), Folate: 60.08µg (15.02%), Vitamin B5: 1.34mg (13.44%), Vitamin C: 10.73mg (13%), Iron: 2.29mg (12.71%), Vitamin B6: 0.24mg (12.05%), Calcium: 115.64mg (11.56%), Vitamin A: 536.92IU (10.74%), Vitamin B2: 0.16mg (9.49%), Selenium: 4.59µg (6.56%), Vitamin E: 0.83mg (5.53%), Vitamin B12: 0.07µg (1.25%)