



Easy Breaded Shrimp

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups bread crumbs dry
- 1 eggs beaten
- 4 cups shrimp deveined peeled
- 1 quart vegetable oil for frying

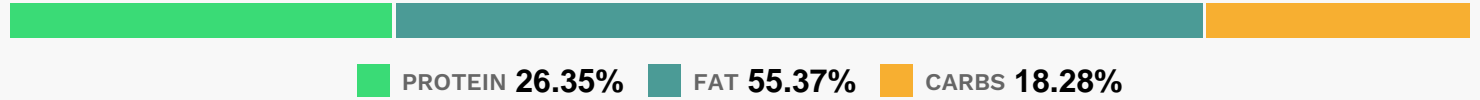
Equipment

- frying pan

Directions

- Heat oil in a large skillet. Dip the shrimp in the egg, then coat the shrimp with bread crumbs. Fry the shrimp in the hot oil.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:11.209565248178%

Nutrients (% of daily need)

Calories: 424.21kcal (21.21%), Fat: 26.22g (40.33%), Saturated Fat: 4.22g (26.4%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 18.26g (6.64%), Sugar: 1.69g (1.88%), Cholesterol: 210.91mg (70.3%), Sodium: 346.22mg (15.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.07g (56.15%), Vitamin K: 45.31µg (43.15%), Phosphorus: 308.59mg (30.86%), Copper: 0.54mg (26.77%), Vitamin B1: 0.26mg (17.55%), Manganese: 0.29mg (14.44%), Zinc: 2.05mg (13.65%), Vitamin E: 2.01mg (13.43%), Magnesium: 53.67mg (13.42%), Calcium: 128.2mg (12.82%), Selenium: 8.49µg (12.13%), Iron: 2.02mg (11.22%), Potassium: 372.81mg (10.65%), Vitamin B3: 1.8mg (8.98%), Vitamin B2: 0.13mg (7.88%), Folate: 31.48µg (7.87%), Fiber: 1.22g (4.86%), Vitamin B12: 0.14µg (2.39%), Vitamin B5: 0.23mg (2.33%), Vitamin B6: 0.04mg (2.1%)