



## Oven-Fried Shrimp With Marmalade Dip

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup breadcrumbs dry fine
- 4 ounce egg substitute
- 6 jumbo shrimp fresh unpeeled
- 0.5 teaspoon garlic pepper seasoning
- 0.5 cup orange juice fresh
- 1 teaspoon orange rind grated
- 2 servings marmalade dip
- 0.3 teaspoon pepper dried red crushed

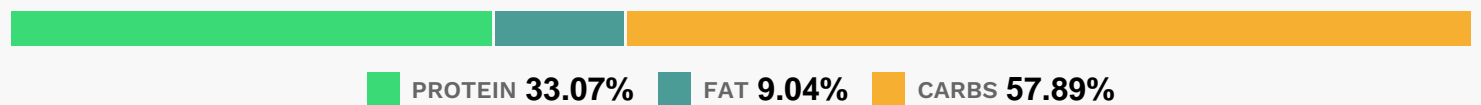
## Equipment

- baking sheet
- oven
- ziploc bags

## Directions

- Peel shrimp, leaving tails on. Butterfly shrimp by making a deep slit lengthwise down the back from the large end to the tail, cutting to, but not through, the inside curve of shrimp. Rinse and pat dry.
- Combine orange rind, orange juice, and crushed red pepper in a shallow dish or heavy-duty zip-top plastic bag; add shrimp. Cover or seal, and chill 20 minutes.
- Remove shrimp from marinade, discarding marinade.
- Combine breadcrumbs and garlic pepper seasoning. Dip shrimp in egg substitute, and dredge in breadcrumb mixture.
- Place on a baking sheet coated with vegetable cooking spray.
- Bake at 350 for 15 minutes or until done.
- Serve with Marmalade Dip.
- Nutritional information per shrimp and 1 tablespoon dip.

## Nutrition Facts



## Properties

Glycemic Index:42, Glycemic Load:3.35, Inflammation Score:-5, Nutrition Score:13.510434917782%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 192.2kcal (9.61%), Fat: 1.93g (2.97%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 26.12g (9.5%), Sugar: 8.1g (9%), Cholesterol: 48.3mg (16.1%), Sodium: 356.69mg (15.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.87g (31.74%), Selenium: 30.37µg (43.38%), Vitamin C: 32.65mg (39.57%), Vitamin B1: 0.39mg (25.82%), Vitamin B2: 0.35mg (20.61%), Manganese: 0.34mg (16.91%), Phosphorus: 161.86mg (16.19%), Iron: 2.81mg (15.59%), Folate: 57.02µg (14.25%), Calcium: 122.8mg (12.28%), Vitamin B5: 1.22mg (12.22%), Copper: 0.24mg (11.8%), Potassium: 390.53mg (11.16%), Vitamin B3: 2.16mg (10.81%), Magnesium: 38.88mg (9.72%), Zinc: 1.4mg (9.33%), Vitamin B6: 0.14mg (7.07%), Vitamin E: 1.05mg (7.01%), Vitamin A: 332.63IU (6.65%), Fiber: 1.66g (6.63%), Vitamin D: 0.91µg (6.05%), Vitamin B12: 0.29µg (4.79%), Vitamin K: 3.04µg (2.9%)