



Pan-Fried Shrimp

 Dairy Free

READY IN



12 min.

SERVINGS



3

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons canola oil
- ☐ 1 large eggs beaten
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled (15)
- ☐ 2 teaspoons water

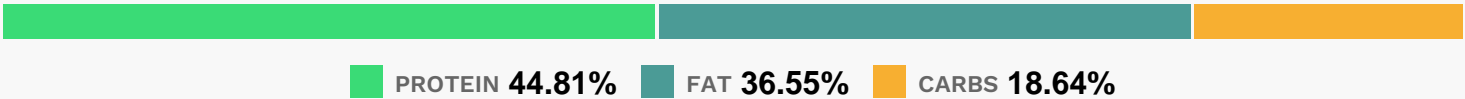
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine panko and cilantro in a food processor; pulse 2 to 3 times or until cilantro is finely minced.
- ☐ Transfer to a shallow dish.
- ☐ Sprinkle shrimp with salt and pepper.
- ☐ Combine egg and water in a shallow dish. Dip half of shrimp in egg mixture; dredge in crumb mixture, and place in a single layer on a plate. Repeat procedure with remaining shrimp, egg mixture, and crumb mixture.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp, and cook 2 minutes on each side or until done.
- ☐ Drain shrimp on paper towels.
- ☐ Serve with: Tropical Slaw

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:10.756956518992%

Flavonoids

Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 314.34kcal (15.72%), Fat: 12.76g (19.63%), Saturated Fat: 1.6g (10.03%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 13.68g (4.98%), Sugar: 1.31g (1.45%), Cholesterol: 305.43mg (101.81%), Sodium: 544.1mg (23.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.18g (70.37%), Phosphorus: 389.95mg (39%), Copper: 0.66mg (32.88%), Zinc: 2.54mg (16.9%), Magnesium: 63.91mg (15.98%), Selenium: 10.17µg (14.53%), Calcium:

143.84mg (14.38%), Vitamin B1: 0.2mg (13.36%), Potassium: 465.01mg (13.29%), Manganese: 0.26mg (13.06%),
Vitamin E: 1.83mg (12.22%), Iron: 2.07mg (11.48%), Vitamin B2: 0.16mg (9.26%), Vitamin K: 9.12µg (8.69%), Folate:
29.43µg (7.36%), Vitamin B3: 1.34mg (6.72%), Fiber: 0.95g (3.8%), Vitamin B5: 0.37mg (3.7%), Vitamin B12: 0.22µg
(3.64%), Vitamin B6: 0.05mg (2.67%), Vitamin D: 0.33µg (2.22%), Vitamin A: 108.91IU (2.18%)