



Pan-Fried Shrimp with Creole Mayonnaise

READY IN



15 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 teaspoons creole seasoning salt-free divided (such as Tony Chachere's)
- ☐ 0.8 cup breadcrumbs dry
- ☐ 0.3 cup milk fat-free
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon hot sauce
- ☐ 2 tablespoons canola mayonnaise
- ☐ 3 tablespoons olive oil divided
- ☐ 0.1 teaspoon salt
- ☐ 1.5 pounds shrimp deveined peeled

☐ 1 teaspoon worcestershire sauce

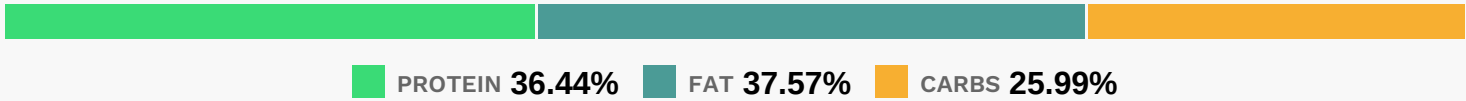
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine flour, 1 teaspoon Creole seasoning, and salt in a shallow dish.
- ☐ Pour milk into a shallow dish.
- ☐ Place breadcrumbs in a shallow dish. Dredge shrimp in flour mixture; dip in milk. Dredge shrimp in breadcrumbs; shake off excess breading.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 1/2 tablespoons oil to pan; swirl to coat.
- ☐ Add half of shrimp; cook 2 minutes on each side or until done. Repeat procedure with remaining oil and shrimp.
- ☐ Combine mayonnaise, remaining Creole seasoning, Worcestershire, and hot sauce in a small bowl; stir with a whisk.
- ☐ Serve Creole mayonnaise with shrimp.
- ☐ Sustainable Choice: Buy U.S. or Canadian wild-caught or farmed shrimp for the best sustainable option.

Nutrition Facts



Properties

Glycemic Index:47.56, Glycemic Load:8.95, Inflammation Score:-4, Nutrition Score:13.576087070548%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 430.24kcal (21.51%), Fat: 17.95g (27.62%), Saturated Fat: 2.74g (17.1%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 26.43g (9.61%), Sugar: 2.33g (2.59%), Cholesterol: 277.26mg (92.42%), Sodium: 500.86mg (21.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.18g (78.35%), Phosphorus: 434.91mg (43.49%), Copper: 0.75mg (37.32%), Vitamin B1: 0.33mg (22.06%), Vitamin K: 19.64µg (18.7%), Magnesium: 74.75mg (18.69%), Zinc: 2.78mg (18.54%), Manganese: 0.36mg (18.13%), Calcium: 171.74mg (17.17%), Potassium: 557.5mg (15.93%), Selenium: 10.93µg (15.61%), Iron: 2.79mg (15.51%), Vitamin E: 1.96mg (13.03%), Folate: 51.72µg (12.93%), Vitamin B3: 2.35mg (11.75%), Vitamin B2: 0.19mg (11.06%), Fiber: 1.5g (6.02%), Vitamin A: 297.44IU (5.95%), Vitamin B6: 0.06mg (2.83%), Vitamin B12: 0.17µg (2.8%), Vitamin B5: 0.25mg (2.47%), Vitamin D: 0.18µg (1.22%), Vitamin C: 0.86mg (1.04%)