



Polenta Crusted Shrimp with Mustard and Herb Mayonnaise

READY IN



22 min.

SERVINGS



6

CALORIES



745 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 2 eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup tarragon leaves fresh chopped
- ☐ 6 servings kosher salt for sprinkling

- ☐ 1.5 cups mayonnaise
- ☐ 3 tablespoons olive oil
- ☐ 2 teaspoons paprika
- ☐ 1.5 cups polenta
- ☐ 1 teaspoon sea salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.3 cup cup heavy whipping cream sour

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ In a medium bowl combine the mayonnaise, sour cream, Dijon mustard, tarragon, and chives. Cover and refrigerate until ready to serve.
- ☐ Position an oven rack in the center of the oven and preheat to 475 degrees F. Cover a heavy-duty baking sheet with aluminum foil.
- ☐ Combine the flour, sea salt and pepper in a small bowl.
- ☐ Pour the beaten eggs into another small bowl.
- ☐ Mix together the polenta, paprika and thyme in a medium bowl. Working in batches, dredge the shrimp in the flour. Shake off any excess flour. Dip the flour-dredged shrimp into the eggs and then coat with the polenta mixture.
- ☐ Drizzle the shrimp, on both sides, with the olive oil.
- ☐ Place the shrimp on the prepared baking sheet.
- ☐ Bake for 10 to 12 minutes until crisp and golden.
- ☐ Sprinkle with the kosher salt.
- ☐ Serve immediately with the Mustard and Herb Mayonnaise.

Nutrition Facts



 **PROTEIN 12.5%**  **FAT 64.71%**  **CARBS 22.79%**

Properties

Glycemic Index:53.17, Glycemic Load:6.61, Inflammation Score:-7, Nutrition Score:15.790434868439%

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 Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 744.87kcal (37.24%), Fat: 53.55g (82.38%), Saturated Fat: 9.18g (57.35%), Carbohydrates: 42.44g (14.15%), Net Carbohydrates: 40.76g (14.82%), Sugar: 1.16g (1.29%), Cholesterol: 205.45mg (68.48%), Sodium: 1108.45mg (48.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.27g (46.53%), Vitamin K: 104.42µg (99.44%), Phosphorus: 265.88mg (26.59%), Selenium: 18.3µg (26.15%), Vitamin E: 3.28mg (21.84%), Copper: 0.39mg (19.62%), Manganese: 0.39mg (19.3%), Iron: 2.95mg (16.39%), Vitamin A: 764.03IU (15.28%), Magnesium: 55.13mg (13.78%), Vitamin B2: 0.2mg (12.01%), Potassium: 403.74mg (11.54%), Zinc: 1.72mg (11.5%), Vitamin B1: 0.17mg (11.1%), Calcium: 109.05mg (10.91%), Folate: 40.27µg (10.07%), Vitamin B6: 0.17mg (8.46%), Vitamin B3: 1.42mg (7.11%), Fiber: 1.68g (6.71%), Vitamin B5: 0.63mg (6.3%), Vitamin B12: 0.22µg (3.63%), Vitamin C: 2.27mg (2.75%), Vitamin D: 0.41µg (2.7%)