



Popcorn Shrimp with Chili-Lime Dipping Sauce

READY IN

ready

48 min.

SERVINGS

servings

8

CALORIES

calories

199 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon ancho chili powder
- ☐ 1 teaspoon ancho chili powder
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons canola oil
- ☐ 0.8 cup cornmeal
- ☐ 4 egg whites
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon garlic powder

- ☐ 1 tablespoon juice of lime
- ☐ 1 lime zest
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 cup nonfat greek yogurt or plain
- ☐ 1 pound rock shrimp shelled cleaned 90 to 100 count
- ☐ 0.8 teaspoon salt

Equipment

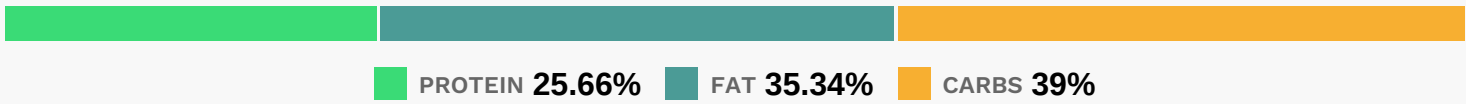
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ sieve
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ If using regular yogurt, place it in a strainer lined with a paper towel.
- ☐ Place the strainer over a bowl and allow to drain and thicken for 20 minutes.
- ☐ Combine the thickened or Greek yogurt, mayonnaise, lime juice, ancho chili powder and lime zest in a small bowl and mix well to incorporate. Set aside.
- ☐ Place flour, chili powder, garlic powder and 1/2 teaspoon salt in a shallow bowl and stir with a fork to incorporate.
- ☐ Place egg whites in another shallow bowl and beat lightly.
- ☐ Place cornmeal, 1/4 teaspoon salt and pepper in a third bowl and stir with a fork to incorporate. Toss the shrimp, a few at a time, in flour until well coated. Shake off excess flour, then dip in egg whites.
- ☐ Transfer to cornmeal mixture and toss to cover all sides. Reserve coated shrimp on a baking sheet or piece of parchment paper and repeat with remaining shrimp.

- ☐
- Preheat broiler.
- ☐
- Brush a large cookie sheet with the oil and heat the oiled sheet under broiler for 3 minutes.
- ☐
- Remove from oven and quickly arrange shrimp in a single layer on the cookie sheet. Spray with cooking spray.
- ☐
- Place shrimp under broiler and broil until crisp and browned, about 5 minutes.
- ☐
- Serve shrimp with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:32.81, Glycemic Load:11.03, Inflammation Score:-4, Nutrition Score:8.8308695775011%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 198.99kcal (9.95%), Fat: 7.78g (11.96%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 17.28g (6.28%), Sugar: 0.86g (0.96%), Cholesterol: 73.33mg (24.44%), Sodium: 596.4mg (25.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.41%), Selenium: 24.44µg (34.91%), Phosphorus: 199.19mg (19.92%), Vitamin B12: 0.71µg (11.76%), Vitamin E: 1.71mg (11.37%), Vitamin B6: 0.21mg (10.38%), Vitamin B3: 1.94mg (9.69%), Manganese: 0.19mg (9.38%), Vitamin B2: 0.16mg (9.24%), Magnesium: 34.36mg (8.59%), Vitamin K: 8.99µg (8.56%), Copper: 0.17mg (8.44%), Vitamin B1: 0.13mg (8.39%), Folate: 32.65µg (8.16%), Fiber: 2.03g (8.14%), Zinc: 1.16mg (7.73%), Iron: 1.1mg (6.1%), Potassium: 180.73mg (5.16%), Calcium: 48.24mg (4.82%), Vitamin A: 221.32IU (4.43%), Vitamin B5: 0.39mg (3.88%), Vitamin C: 3.01mg (3.64%)