



Santa Rita Shrimp

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



1021 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons pepper black freshly ground
- 2 cups bread crumbs
- 1.5 tablespoons canola oil
- 2 teaspoons cayenne pepper
- 1 tablespoon thyme leaves dried
- 4 eggs beaten
- 2 cups flour all-purpose
- 2 tablespoons garlic minced

- 2 tablespoons paprika
- 2 tablespoons salt
- 16 large gulf shrimp deveined
- 3 cups tortilla chips crushed

Equipment

- food processor
- bowl
- frying pan
- blender

Directions

- Combine bread crumbs, crushed tortilla chips, paprika, garlic, salt, pepper, cayenne, and thyme in a shallow dish or bowl.
- Place flour in another shallow dish or bowl and eggs in a third. Dredge shrimp, 1 at a time, in the flour, then eggs, and then the bread crumb mixture.
- Heat canola oil in a heavy skillet over medium-high heat. When oil is hot, gently add shrimp and cook until golden brown, turning once, about 1 minute per side.
- Serve immediately with Avocado Salsa.
- tablespoons olive oil
- jalapeno peppers, cut in 1/2, seeded, and deveined
- serrano peppers, cut in 1/2, seeded, and deveined
- avocados, cut in 1/2, peeled, and pitted
- cloves garlic
- tablespoons roughly chopped fresh cilantro leaves
- teaspoons lime juice
- tablespoons chicken stock
- teaspoon onion powder
- Kosher salt and freshly ground pepper

- Heat olive oil in a large skillet over medium heat.
- Add jalapenos and serranos and fry over medium heat until tender.
- Drain and let cool slightly.
- Add fried peppers to a food processor or blender, along with the avocados and garlic. Blend until smooth.
- Add cilantro, lime juice, chicken stock, onion powder, and salt and pepper, to taste. Blend until smooth.
- Serve with Santa Rita Shrimp.

Nutrition Facts



■ **PROTEIN 13.44%**
■ **FAT 27.73%**
■ **CARBS 58.83%**

Properties

Glycemic Index:46, Glycemic Load:35.44, Inflammation Score:-10, Nutrition Score:38.295217472574%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1020.53kcal (51.03%), Fat: 31.78g (48.9%), Saturated Fat: 5.15g (32.21%), Carbohydrates: 151.7g (50.57%), Net Carbohydrates: 140.21g (50.99%), Sugar: 4.89g (5.44%), Cholesterol: 228.08mg (76.03%), Sodium: 4282.24mg (186.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.65g (69.29%), Vitamin B1: 1.18mg (78.82%), Manganese: 1.56mg (78.04%), Selenium: 53.18µg (75.97%), Iron: 10.24mg (56.89%), Phosphorus: 550.17mg (55.02%), Folate: 209.33µg (52.33%), Vitamin B2: 0.85mg (50.23%), Vitamin K: 51.39µg (48.94%), Vitamin A: 2434.95IU (48.7%), Fiber: 11.48g (45.93%), Vitamin B3: 8.58mg (42.89%), Vitamin E: 5.93mg (39.55%), Magnesium: 144.87mg (36.22%), Calcium: 300.95mg (30.09%), Copper: 0.59mg (29.56%), Zinc: 3.84mg (25.62%), Vitamin B6: 0.49mg (24.26%), Vitamin B5: 2.42mg (24.22%), Potassium: 660.72mg (18.88%), Vitamin B12: 0.58µg (9.68%), Vitamin D: 0.88µg (5.87%), Vitamin C: 2.54mg (3.08%)