



Sauteed Spicy Shrimp



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp butter
- 1 eggs beaten
- 0.3 tsp ground pepper red
- 2 Tbsp oil
- 1 lb shrimp cleaned
- 1 pkt. oven fry fish fry seasoned coating mix for fish
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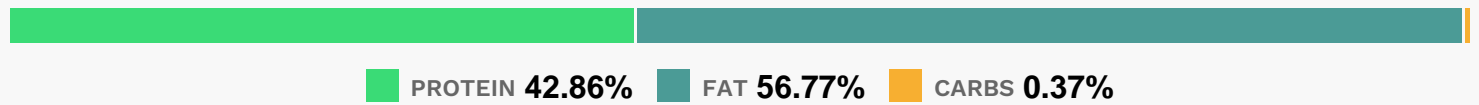
Equipment

frying pan

Directions

- Combine coating mix and pepper.
- Dip shrimp in egg; cover with coating mix. Discard any remaining coating mix.
- Heat oil and butter in large skillet on medium-high heat.
- Add shrimp in single-layer batches; cook 2 to 3 minutes or until golden brown, turning once.
- Add more oil and butter to skillet, if necessary to cook remaining batches of shrimp.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:5.7900000327955%

Nutrients (% of daily need)

Calories: 224.69kcal (11.23%), Fat: 14.28g (21.97%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 0.21g (0.07%), Net Carbohydrates: 0.18g (0.06%), Sugar: 0.05g (0.06%), Cholesterol: 223.49mg (74.5%), Sodium: 216.61mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.26g (48.51%), Phosphorus: 266.39mg (26.64%), Copper: 0.45mg (22.59%), Zinc: 1.66mg (11.09%), Vitamin E: 1.59mg (10.61%), Magnesium: 41.39mg (10.35%), Potassium: 319.76mg (9.14%), Calcium: 81mg (8.1%), Vitamin A: 356.6IU (7.13%), Vitamin K: 5.11µg (4.87%), Selenium: 3.39µg (4.84%), Iron: 0.79mg (4.39%), Vitamin B2: 0.05mg (3.17%), Manganese: 0.04mg (2.14%), Vitamin B5: 0.17mg (1.75%), Vitamin B12: 0.1µg (1.75%), Vitamin D: 0.22µg (1.47%), Folate: 5.36µg (1.34%), Vitamin B6: 0.02mg (1.1%)