



Shrimp Di Santo

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup breadcrumb mix italian
- ☐ 1.5 teaspoons sea salt dried
- ☐ 0.3 cup olive oil
- ☐ 8 servings try build-a-meal
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 1.5 pounds shrimp fresh unpeeled

Equipment

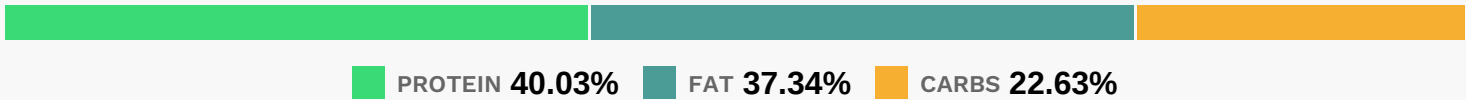
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Peel shrimp, and devein, if desired; place in a large bowl.
- ☐ Sprinkle with garlic and seasoned salt, tossing to coat.
- ☐ Add olive oil, tossing well.
- ☐ Sprinkle with breadcrumb mix, and toss to coat. Arrange shrimp in an even layer in an olive oil-greased 15- x 9-inch jellyroll pan.
- ☐ Bake at 400 for 20 minutes, stirring twice.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:5.9939131637144%

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: 190.39kcal (9.52%), Fat: 7.93g (12.2%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 9.93g (3.61%), Sugar: 0.86g (0.96%), Cholesterol: 136.93mg (45.64%), Sodium: 491.2mg (21.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.13g (38.26%), Phosphorus: 212.93mg (21.29%), Copper: 0.38mg (18.86%), Manganese: 0.23mg (11.27%), Magnesium: 38.49mg (9.62%), Zinc: 1.41mg (9.39%), Vitamin B1: 0.14mg (9.07%), Calcium: 80.39mg (8.04%), Potassium: 265.13mg (7.58%), Iron: 1.23mg (6.84%), Vitamin E: 1mg (6.67%), Selenium: 4.05µg (5.78%), Vitamin K: 5.02µg (4.78%), Vitamin B3: 0.96mg (4.78%), Folate: 14.86µg (3.71%), Fiber: 0.88g (3.54%), Vitamin B2: 0.06mg (3.42%), Vitamin B6: 0.03mg (1.48%)