

Shrimp Nicholas

READY IN



30 min.

SERVINGS



10

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs
- 0.5 cup flour all-purpose
- 4 ounces mozzarella cheese fresh cut into strips
- 1 cup panko bread crumbs
- 12 slices pancetta thin
- 1 roasted pepper red jarred drained cut into strips
- 1 pinch salt
- 24 medium shrimp peeled
- 10 servings vegetable oil for deep-frying

2 tablespoons water

Equipment

frying pan

paper towels

whisk

slotted spoon

Directions

Lay out the shrimp on a clean surface so the two halves are spread open like a book.

Place a strip of mozzarella cheese in the center, then a strip of roasted pepper. Close the shrimp and wrap each one with a slice of prosciutto.

Place the flour in a small dish. In a separate dish, whisk together the egg, water and salt with a fork.

Place the panko crumbs in a third dish.

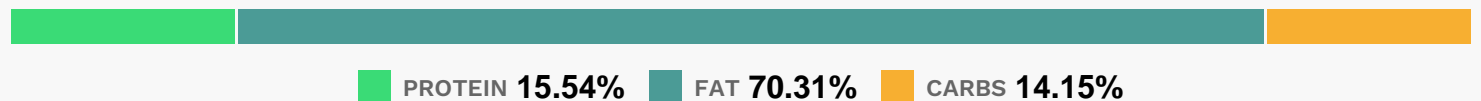
Heat the oil in a large skillet over medium to medium-high heat or until it reaches 375 degrees F (190 degrees C). Dip the wrapped shrimp in flour to coat, then dip in the egg mixture.

Roll in the panko crumbs until evenly coated.

Fry the shrimp in the hot oil until golden brown and cheese is melting, about 1 minute per side.

Remove with a slotted spoon and drain on paper towels before serving.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:3.52, Inflammation Score:-2, Nutrition Score:6.3321739798007%

Nutrients (% of daily need)

Calories: 271.62kcal (13.58%), Fat: 21.28g (32.73%), Saturated Fat: 5.15g (32.18%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 9.15g (3.33%), Sugar: 0.52g (0.58%), Cholesterol: 70.3mg (23.43%), Sodium: 268.18mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.16%), Vitamin K: 26.43µg (25.18%), Phosphorus:

131.43mg (13.14%), Selenium: 8.85µg (12.64%), Vitamin B1: 0.14mg (9.31%), Calcium: 89.1mg (8.91%), Vitamin E: 1.26mg (8.42%), Vitamin B2: 0.12mg (6.83%), Copper: 0.13mg (6.59%), Zinc: 0.96mg (6.4%), Vitamin B12: 0.37µg (6.11%), Vitamin B3: 1.19mg (5.94%), Manganese: 0.12mg (5.87%), Folate: 21.31µg (5.33%), Iron: 0.9mg (5.02%), Magnesium: 16.74mg (4.19%), Potassium: 120.91mg (3.45%), Vitamin B6: 0.05mg (2.69%), Vitamin A: 123.21IU (2.46%), Vitamin C: 1.72mg (2.09%), Vitamin B5: 0.2mg (1.99%), Fiber: 0.48g (1.93%), Vitamin D: 0.17µg (1.15%)