



Southwest Shrimp Salad

READY IN



40 min.

SERVINGS



40

CALORIES



37 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz take southwest three cheese recipe cheese breadcrumb mix mixed fresh
- 1 eggs
- 0.5 cup classic ranch dressing kraft
- 9 cups tightly salad greens mixed packed
- 1 lb shrimp with tails left on, deveined uncooked peeled

Equipment

- baking sheet
- oven

aluminum foil

Directions

Heat oven to 375F.

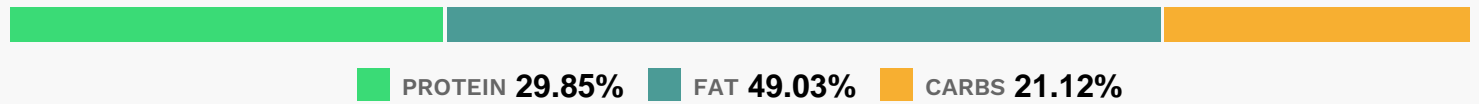
Cover baking sheet with foil; spray with cooking spray. Beat egg in shallow dish; empty cheese mixture into separate shallow dish. Dip shrimp, 1 at a time, in egg then in cheese mixture, turning to evenly coat shrimp.

Place on prepared baking sheet. Discard any unused cheese mixture.

Bake 20 min. or until shrimp are tender and golden brown.

Serve over greens; top with dressing.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.19782607063%

Nutrients (% of daily need)

Calories: 37.2kcal (1.86%), Fat: 2.04g (3.14%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.9g (0.69%), Sugar: 0.14g (0.16%), Cholesterol: 24.36mg (8.12%), Sodium: 60.59mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin K: 4.02µg (3.83%), Phosphorus: 35.54mg (3.55%), Vitamin C: 2.13mg (2.58%), Copper: 0.05mg (2.51%), Vitamin A: 109.62IU (2.19%), Potassium: 57.83mg (1.65%), Iron: 0.27mg (1.51%), Magnesium: 5.24mg (1.31%), Zinc: 0.19mg (1.27%), Calcium: 10.61mg (1.06%)