



Whole-Wheat-Battered Shrimp

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 4 servings lemon wedges for serving
- ☐ 3 tablespoons olive oil divided
- ☐ 4 servings snow pea and radish salad with ginger-lime vinaigrette
- ☐ 0.5 teaspoon salt divided
- ☐ 2 cups seltzer
- ☐ 1.5 pounds shrimp peeled (20)
- ☐ 2 cups flour whole-wheat divided

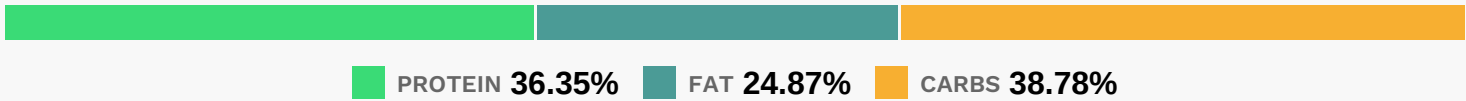
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Season shrimp with pepper and 1/4 teaspoon salt. Put 1/2 cup flour on a plate.
- ☐ Combine remaining 1 1/2 cups flour and seltzer in a bowl; mixture should be lumpy and thin.
- ☐ When the oil is hot, dredge the shrimp lightly in flour, tapping to remove excess; dip the shrimp in seltzer batter.
- ☐ Add shrimp to skillet without crowding (work in batches, using remaining 1 tablespoon oil); cook, turning shrimp once or twice, until lightly browned and cooked through (about 5 minutes total).
- ☐ Remove from skillet with a slotted spoon, and drain on paper towels; sprinkle with remaining 1/4 teaspoon salt.
- ☐ Serve with lemon wedges and snow pea salad.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:22.459130669418%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 451.6kcal (22.58%), Fat: 12.94g (19.9%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 45.41g (15.14%), Net Carbohydrates: 37.97g (13.81%), Sugar: 1.35g (1.5%), Cholesterol: 273.86mg (91.29%), Sodium: 542.04mg (23.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.55g (85.09%), Manganese: 2.57mg (128.52%), Phosphorus: 590.36mg (59.04%), Selenium: 37.44µg (53.49%), Copper: 0.95mg (47.55%), Magnesium: 149.23mg (37.31%), Fiber: 7.44g (29.76%), Zinc: 4.12mg (27.5%), Potassium: 809.23mg (23.12%), Vitamin B1: 0.31mg (20.59%), Iron: 3.35mg (18.58%), Vitamin B3: 3.13mg (15.63%), Calcium: 151.33mg (15.13%), Vitamin B6: 0.29mg (14.35%), Vitamin E: 1.94mg (12.95%), Vitamin C: 9.11mg (11.05%), Folate: 41.05µg (10.26%), Vitamin K: 8.62µg (8.21%), Vitamin B2: 0.12mg (7.19%), Vitamin B5: 0.46mg (4.63%)