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Crispy Shrimp Pita Sandwich ♦

This crispy shrimp pita sandwich is a delicious and satisfying meal. The shrimp is coated in a crispy batter and then fried to perfection. It is served in a warm pita bread with fresh vegetables and a tangy sauce. This sandwich is perfect for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

400 g	Shrimp
100 g	flour
2 pieces	Egg
100 g	bread crumbs

4 pieces	pita bread
100 g	lettuce
100 g	Tomato
50 g	onion
50 g	mayonnaise
50 g	ketchup

Directions

Step 1

Preparation

Peel and devein the shrimp.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, whisk the eggs.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Coating

Dip the shrimp in the flour, then in the eggs, and finally in the bread crumbs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Frying

Heat oil in a pan and fry the shrimp until golden brown.

Prep Time: 3 mins

Cook Time: 7 mins

Step 5

Oven

Cut the pita bread in half and warm it in the oven.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Spreading

Spread mayonnaise and ketchup on the inside of the pita bread.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Assembling

Place lettuce, tomato, onion, and fried shrimp inside the pita bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Serving

Serve the crispy shrimp pita sandwich and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 12 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Picnic

Course

Salads

Appetizers

Main Dishes

Snacks

Diet

Anti-Inflammatory Diet

Cooking Method

Frying

Boiling

Simmering

Cut

Serving

Mashing

Refrigerating

Oven

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Meal Type

Lunch

Supper

Difficulty Level

Easy

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