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Breaded Shrimp ♦

Breaded shrimp is a delicious seafood dish that is commonly consumed as an appetizer or main course. The shrimp is coated in a crispy breading and then fried until golden brown. It can be served with a variety of dipping sauces and is often accompanied by a side of fries or a salad.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Shrimp
200 g	breadcrumbs
2 units	Eggs
100 g	flour
1 tsp	salt

1 tsp pepper

250 ml oil

Directions

Step 1

Preparation

Peel and devein the shrimp, leaving the tails intact.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a shallow dish, combine the breadcrumbs, salt, and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In another shallow dish, beat the eggs.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Coating

Dip each shrimp into the flour, then into the beaten eggs, and finally into the breadcrumb mixture, pressing gently to adhere.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Heating

Heat the oil in a large skillet over medium heat.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Frying

Working in batches, fry the breaded shrimp until golden brown and cooked through, about 2-3 minutes per side.

Prep Time: 5 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 20 g

Carbohydrates: 16 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	16 g	29.09%	32%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	8 mg	72.73%	100%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Picnic

Course

Appetizers

Main Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Easter

Demographics

Pregnancy Safe

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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