



Air-Fryer Garlic Parm Shrimp



1/2 of recipe (about 7 shrimp): 192 calories, 4g total fat (1.5g sat. fat), 561mg sodium, 7.5g carbs, 0.5g fiber, 0.5g sugars, 28.5g protein

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Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

1/4 cup panko bread crumbs
2 tbsp. grated Parmesan cheese
1/2 tsp. garlic powder
1/4 tsp. Italian seasoning
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
8 oz. (about 14) raw large shrimp, peeled, tails removed, deveined
Optional dip: marinara sauce

Directions

In a wide bowl, combine bread crumbs, Parm, garlic powder, and Italian seasoning. Mix well.

Place egg whites/substitute in a second wide bowl. Coat shrimp with egg, followed by the seasoned crumbs.

Spray an air fryer with nonstick spray. Place shrimp in the air fryer, and spray with nonstick spray.

Set air fryer to 390°F. Cook until golden brown and crispy, 5–7 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake at 400°F until golden brown and crispy, 8–10 minutes.

Air-frying is so easy... [See how this recipe is made!](#)

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