



Almost-Famous Popcorn Shrimp

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup lager beer
- 2 teaspoons cajun spice
- 1 teaspoon confectioners' sugar
- 2 tablespoons cornstarch
- 0.8 cup flour all-purpose
- 1 teaspoon granulated sugar
- 4 servings kosher salt
- 4 servings lemon wedges for serving

- 8 pepperoncini jarred halved lengthwise drained
- 2 roasted peppers red jarred drained cut into bite-size pieces
- 1 pound shrimp deveined peeled
- 4 servings vegetable oil for deep-frying

Equipment

- bowl
- paper towels
- whisk
- kitchen thermometer
- slotted spoon
- dutch oven

Directions

- Mix 3 cups ice water, the granulated sugar and 1 teaspoon salt in a medium bowl.
- Add the shrimp and set aside 15 minutes, then drain well and pat dry. Dry the bowl; return the shrimp to the bowl and toss with 1/2 teaspoon Cajun seasoning.
- Whisk the flour, cornstarch, confectioners' sugar, the remaining 1 1/2 teaspoons Cajun seasoning and the beer in a large bowl to make a smooth batter.
- Add the shrimp, pepperoncini and roasted peppers and stir until evenly coated.
- Heat 2 inches of vegetable oil in a Dutch oven over medium-high heat until a deep-fry thermometer registers 350 degrees F. Working in batches, remove the shrimp, pepperoncini and roasted peppers from the batter with a slotted spoon, transfer to the hot oil and fry until golden, about 3 minutes.
- Remove and drain on paper towels; season with salt.
- Serve with lemon wedges, cocktail sauce and/or tartar sauce.
- Photograph by Kang Kim

Nutrition Facts



■ PROTEIN 30.07% ■ FAT 39.28% ■ CARBS 30.65%

Properties

Glycemic Index:56.52, Glycemic Load:14.11, Inflammation Score:-6, Nutrition Score:12.416956511853%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg 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 Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 351.02kcal (17.55%), Fat: 15.09g (23.22%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 26.5g (8.83%), Net Carbohydrates: 24.56g (8.93%), Sugar: 2.07g (2.3%), Cholesterol: 182.57mg (60.86%), Sodium: 587.33mg (25.54%), Alcohol: 1.15g (100%), Alcohol %: 0.64% (100%), Protein: 25.99g (51.99%), Vitamin C: 25.68mg (31.13%), Phosphorus: 286.03mg (28.6%), Vitamin K: 28.52µg (27.16%), Copper: 0.53mg (26.56%), Vitamin B1: 0.21mg (14%), Magnesium: 54.04mg (13.51%), Folate: 54.02µg (13.51%), Manganese: 0.27mg (13.41%), Vitamin A: 656.96IU (13.14%), Potassium: 434.99mg (12.43%), Zinc: 1.82mg (12.11%), Selenium: 8.43µg (12.04%), Iron: 2.16mg (12.03%), Vitamin E: 1.59mg (10.6%), Vitamin B3: 1.99mg (9.93%), Calcium: 90.42mg (9.04%), Vitamin B2: 0.15mg (8.96%), Fiber: 1.95g (7.79%), Vitamin B6: 0.15mg (7.52%), Vitamin B5: 0.2mg (2.02%)