



Bayou Fried Shrimp

 Gluten Free

READY IN



33 min.

SERVINGS



8

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cajun spice
- ☐ 1 teaspoon cajun spice
- ☐ 1 large eggs
- ☐ 8 servings rémoulade sauce
- ☐ 2 cups milk
- ☐ 3 pounds shrimp raw unpeeled
- ☐ 8 servings vegetable oil
- ☐ 1 tablespoon mustard yellow

- ☐ 12 oz fish fry mix
- ☐ 12 oz fish fry mix

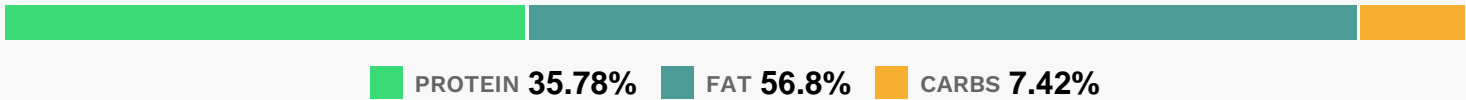
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Peel shrimp, leaving tails on. Butterfly shrimp by making a deep slit down back of each from large end to tail, cutting to but not through inside curve of shrimp. Devein shrimp, and place in a large bowl.
- ☐ Whisk together milk and next 3 ingredients.
- ☐ Pour mixture over shrimp.
- ☐ Let stand at least 15 minutes or up to 1 hour.
- ☐ Combine fish fry mix and 1 Tbsp. Cajun seasoning. Dredge shrimp in fish fry mixture, and shake off excess. Arrange on baking sheets.
- ☐ Pour oil to a depth of 3 inches into a Dutch oven; heat to 32
- ☐ Fry shrimp, in batches, 1 1/2 minutes on each side or until golden brown; drain on wire racks over paper towels.
- ☐ Note: For testing purposes only, we used Zatarain's Wonderful Fish-Fri and Walker & Sons Slap Ya Mama Cajun Seasoning.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:1.12, Inflammation Score:-6, Nutrition Score:16.804347604027%

Nutrients (% of daily need)

Calories: 295.6kcal (14.78%), Fat: 18.47g (28.42%), Saturated Fat: 3.69g (23.06%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 4.96g (1.8%), Sugar: 3.33g (3.7%), Cholesterol: 244.89mg (81.63%), Sodium: 1028.19mg (44.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.19g (52.37%), Selenium: 54.13µg (77.34%), Phosphorus: 494.58mg (49.46%), Vitamin B12: 2.27µg (37.89%), Vitamin K: 27.39µg (26.09%), Vitamin E: 3.82mg (25.47%), Vitamin A: 994.18IU (19.88%), Calcium: 174.14mg (17.41%), Vitamin B6: 0.35mg (17.35%), Copper: 0.32mg (16.2%), Vitamin B3: 3.22mg (16.08%), Zinc: 2.04mg (13.61%), Magnesium: 48.39mg (12.1%), Potassium: 320.8mg (9.17%), Vitamin B2: 0.15mg (9.02%), Folate: 35.94µg (8.98%), Vitamin B5: 0.88mg (8.85%), Vitamin D: 0.97µg (6.44%), Vitamin B1: 0.08mg (5.2%), Iron: 0.74mg (4.09%), Manganese: 0.08mg (3.96%), Fiber: 0.47g (1.89%)