



Beer-Battered Shrimp

 Dairy Free  Popular

READY IN



25 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon garlic powder
- 0.5 cup beer
- 1 eggs
- 1 lb shrimp frozen thawed deveined uncooked peeled (16 to 20 count)
- 1 serving vegetable oil for frying
- 0.5 cup soy sauce
- 1 cup frangelico
- 3 tablespoons frangelico

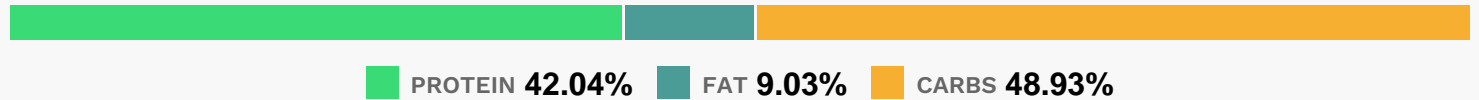
Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- In deep 10-inch skillet, heat 1 1/2 inches oil over medium heat to 375°F.
- In medium bowl, stir 1 cup Bisquick mix, the garlic powder, beer and egg with wire whisk or fork until smooth. (If batter is too thick, stir in additional beer, 1 tablespoon at a time, until desired consistency.)
- Lightly coat 6 shrimp with 1/4 cup Bisquick mix. Dip shrimp into batter, letting excess drip into bowl. Fry in oil about 2 minutes on each side or until golden brown; drain on paper towels. Repeat with remaining shrimp.
- Serve hot with sweet-and-sour sauce.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:5.144782660853%

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 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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 248.23kcal (12.41%), Fat: 2.33g (3.58%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 28.37g (9.46%), Net Carbohydrates: 28.34g (10.3%), Sugar: 21.32g (23.69%), Cholesterol: 223.49mg (74.5%), Sodium: 673.97mg (29.3%), Alcohol: 1.15g (100%), Alcohol %: 0.78% (100%), Protein: 24.38g (48.75%), Phosphorus: 270.13mg (27.01%),

Copper: 0.45mg (22.74%), Zinc: 1.68mg (11.17%), Magnesium: 43.07mg (10.77%), Potassium: 326.99mg (9.34%), Calcium: 80.21mg (8.02%), Selenium: 3.64µg (5.21%), Iron: 0.81mg (4.5%), Vitamin B2: 0.06mg (3.42%), Manganese: 0.05mg (2.33%), Vitamin B6: 0.04mg (1.92%), Vitamin B5: 0.18mg (1.84%), Folate: 7.12µg (1.78%), Vitamin B12: 0.1µg (1.73%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.32µg (1.26%), Vitamin A: 59.4IU (1.19%), Vitamin E: 0.18mg (1.17%)