



Bering Sea Shrimp with Spicy Glaze

 Dairy Free

READY IN



40 min.

SERVINGS



50

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cornstarch
- 1 liter enough to deep-fry as needed
- 0.3 cup fish sauce
- 3 cups flour all-purpose
- 1 tablespoon garlic powder
- 1 teaspoon ground cardamom
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger

- 0.3 cup honey
- 1 jalapeno (or any hot peppers) seeds removed and minced (use gloves when handling these)
- 1 cup mango juice
- 1 teaspoon chili flakes (red)
- 1 tablespoon rice wine vinegar
- 1 teaspoon salt
- 42 shrimp (deveined, peeled)
- 1 tablespoon irvine spices blackfish seasoning

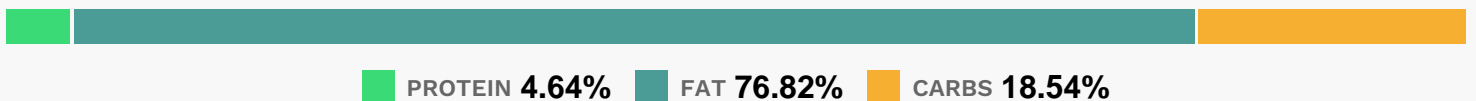
Equipment

- whisk
- pot
- toothpicks
- ziploc bags

Directions

- In a small sauce pot, combine jalapeno, mango juice, vinegar, chili flakes, and fish sauce.
- Let reduce and thicken over medium heat.
- Remove from heat and whisk in honey. Keep warm.
- Heat oil in deep-fryer to 375 degrees F. Shake flour, cornstarch, Blackfish Seasoning, garlic powder, cumin, cardamom, ground ginger, and salt together in a plastic bag.
- Add shrimp to bag in small batches and shake to coat with flour mixture. Deep-fry until golden brown.
- Remove to paper toweling to drain and coat with glaze. Use cocktail toothpicks to serve.

Nutrition Facts



Properties

Glycemic Index:5.3, Glycemic Load:5.1, Inflammation Score:-1, Nutrition Score:3.2321739248607%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 221.03kcal (11.05%), Fat: 19.1g (29.38%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 10.06g (3.66%), Sugar: 1.96g (2.18%), Cholesterol: 13.52mg (4.51%), Sodium: 149.13mg (6.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Vitamin E: 3.35mg (22.33%), Vitamin K: 13.66µg (13%), Manganese: 0.11mg (5.53%), Vitamin B1: 0.06mg (4.1%), Selenium: 2.82µg (4.03%), Folate: 14.55µg (3.64%), Phosphorus: 28.25mg (2.83%), Iron: 0.51mg (2.81%), Copper: 0.05mg (2.47%), Vitamin B3: 0.49mg (2.47%), Vitamin B2: 0.04mg (2.38%), Magnesium: 7.69mg (1.92%), Potassium: 45.4mg (1.3%), Zinc: 0.19mg (1.27%), Fiber: 0.31g (1.26%)