

Breaded Shrimp and Spicy Mayo Appetizer

 Dairy Free  Popular

READY IN



20 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup flour
- 0.8 cup breadcrumbs
- 0.5 teaspoon chili powder
- 1 eggs
- 0.5 teaspoon garlic powder
- 2 tablespoon mayonnaise
- 0.5 teaspoon onion powder
- 0.5 teaspoon pepper

- 0.5 teaspoon salt
- 12 jumbo shrimp well canned (You can go jumbo on this as)
- 1 tablespoon sriracha

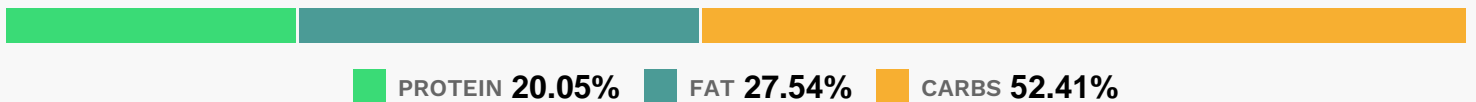
Equipment

- bowl
- whisk

Directions

- Peel and devein your shrimp. You can leave the tail of the shrimp if you like. Season with the suya pepper spice and set aside.
- Whisk your egg and set aside. In your bowl of flour, mix in the onion powder, garlic powder, salt, chilli powder and set aside. Take your seasoned shrimp and rub in the seasoned flour, dunk it in the egg mixture and coat with the breadcrumbs.
- Heat up your oil for frying and fry your shrimps till golden brown on both sides. For your spicy Mayo,
- Mix 2 tablespoons of mayonnaise with one table spoon of sriracha sauce till properly mixed.
- Serve it with your breaded shrimp.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:13, Inflammation Score:-3, Nutrition Score:9.7595652173913%

Nutrients (% of daily need)

Calories: 257.91kcal (12.9%), Fat: 7.8g (12%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 33.39g (11.13%), Net Carbohydrates: 31.62g (11.5%), Sugar: 1.49g (1.65%), Cholesterol: 92.16mg (30.72%), Sodium: 625.61mg (27.2%), Protein: 12.77g (25.54%), Vitamin B1: 0.39mg (25.98%), Selenium: 16.78µg (23.97%), Manganese: 0.4mg (20.24%), Folate: 70.72µg (17.68%), Vitamin B2: 0.26mg (15.01%), Phosphorus: 150.04mg (15%), Iron: 2.55mg (14.14%), Vitamin B3: 2.78mg (13.9%), Vitamin K: 13.61µg (12.96%), Copper: 0.22mg (11.12%), Fiber: 1.78g (7.1%), Calcium: 70.12mg (7.01%), Zinc: 1.05mg (7.01%), Magnesium: 27.3mg (6.82%), Potassium: 180.42mg (5.15%), Vitamin B5: 0.41mg (4.09%), Vitamin B6: 0.07mg (3.66%), Vitamin E: 0.48mg (3.2%), Vitamin C: 2.5mg (3.03%), Vitamin B12: 0.18µg

(2.95%), Vitamin A: 144.7IU (2.89%), Vitamin D: 0.23 μ g (1.56%)