



Buffalo Fried Shrimp

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup lager beer
- ☐ 2 stalks celery thinly sliced
- ☐ 1 tablespoon dill pickle chopped
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 0.3 cup buffalo hot sauce
- ☐ 0.7 cup mayonnaise
- ☐ 1 tablespoon shallots minced

- ☐ 1.5 pounds shrimp deveined peeled (tails intact)
- ☐ 8 servings vegetable oil for deep-frying
- ☐ 2 teaspoons whole-grain mustard

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Mix the mayonnaise, 1/4 cup hot sauce, the mustard, pickle, shallot and parsley in a small bowl; cover and refrigerate.
- ☐ Preheat the oven to 250 degrees F.
- ☐ Heat 2 inches of peanut oil in a large wide pot over medium-high heat until a deep-fry thermometer registers 365 degrees F.
- ☐ Meanwhile, whisk the flour, beer and the remaining 3 tablespoons hot sauce in a large bowl; add the shrimp and toss to coat. Working in batches, remove the shrimp from the batter with a slotted spoon and fry until cooked through and golden brown, 2 to 3 minutes. (Return the oil to 365 degrees F between batches.)
- ☐ Transfer to a paper towel-lined baking sheet to drain; keep warm in the oven.
- ☐ Add the celery to the remaining batter and toss to coat; remove with a slotted spoon and fry until golden brown, about 2 minutes.
- ☐ Serve the fried shrimp and celery with the prepared sauce.
- ☐ Photograph by Kana Okada

Nutrition Facts

 **PROTEIN 19.72%**  **FAT 66.08%**  **CARBS 14.2%**

Properties

Glycemic Index:36.44, Glycemic Load:9.21, Inflammation Score:-3, Nutrition Score:9.6839131052079%

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 Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 396.83kcal (19.84%), Fat: 28.65g (44.08%), Saturated Fat: 4.44g (27.77%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 13.12g (4.77%), Sugar: 0.52g (0.58%), Cholesterol: 144.77mg (48.26%), Sodium: 456.57mg (19.85%), Alcohol: 1.15g (100%), Alcohol %: 0.79% (100%), Protein: 19.24g (38.48%), Vitamin K: 67.87µg (64.64%), Phosphorus: 212.84mg (21.28%), Copper: 0.37mg (18.45%), Vitamin E: 1.81mg (12.09%), Magnesium: 37.88mg (9.47%), Folate: 36.77µg (9.19%), Selenium: 6.38µg (9.12%), Vitamin B1: 0.14mg (9.01%), Zinc: 1.32mg (8.81%), Potassium: 300.64mg (8.59%), Vitamin C: 6.73mg (8.16%), Manganese: 0.16mg (8.14%), Iron: 1.34mg (7.45%), Calcium: 66.99mg (6.7%), Vitamin B2: 0.1mg (6.03%), Vitamin B3: 1.14mg (5.71%), Fiber: 0.73g (2.93%), Vitamin B6: 0.05mg (2.37%), Vitamin A: 115.62IU (2.31%), Vitamin B5: 0.16mg (1.56%)