

# Buffalo Shrimp

🤍 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



823 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon pepper black freshly ground
- 2.5 tablespoons butter
- 2 cups flour all-purpose
- 4 cloves garlic minced
- 1 tablespoon garlic powder
- 1 teaspoon ground pepper
- 4 cups oil for frying
- 1 teaspoon onion powder

- 6 ounces pepper sauce hot
- 2 tablespoons penzey's southwest seasoning creole-style
- 1 pound shrimp with tails attached deveined peeled

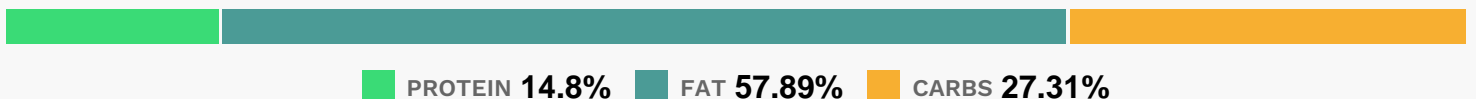
## Equipment

- baking sheet
- whisk
- mixing bowl
- pot
- ziploc bags

## Directions

- In a large resealable plastic bag, combine the flour, Creole-style seasoning, garlic powder, ground cayenne pepper, onion powder, and ground black pepper. Seal the bag and shake a few times to combine the ingredients well.
- Rinse the shrimp under cold water and place them in the plastic bag with the flour mixture. Seal the bag and shake to coat all of the shrimp well with the flour mixture.
- Place the coated shrimp on a cookie sheet and place in the refrigerator for 15 to 20 minutes. Save remaining flour mixture in the bag.
- In a mixing bowl, whisk together garlic, butter hot sauce and cayenne pepper; set aside. In a pot, heat the oil to 375 degrees F (190 degrees C).
- Remove shrimp from refrigerator and shake a second time in flour mixture.
- Place the shrimp in hot oil and fry until pink, about 2 to 3 minutes. Immediately coat with buffalo sauce.

## Nutrition Facts



## Properties

Glycemic Index:57.25, Glycemic Load:35.06, Inflammation Score:-8, Nutrition Score:26.4456518422%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## **Nutrients (% of daily need)**

Calories: 822.57kcal (41.13%), Fat: 53.7g (82.61%), Saturated Fat: 8.18g (51.09%), Carbohydrates: 56.98g (18.99%), Net Carbohydrates: 51.45g (18.71%), Sugar: 1.18g (1.31%), Cholesterol: 201.38mg (67.13%), Sodium: 1320.55mg (57.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.78%), Vitamin K: 81.03µg (77.17%), Vitamin E: 9.65mg (64.35%), Manganese: 1mg (50.17%), Vitamin C: 33.44mg (40.53%), Iron: 6.69mg (37.15%), Vitamin B1: 0.54mg (35.91%), Phosphorus: 344.63mg (34.46%), Folate: 136.68µg (34.17%), Selenium: 22.65µg (32.36%), Copper: 0.62mg (31.16%), Vitamin B2: 0.4mg (23.39%), Fiber: 5.54g (22.16%), Calcium: 217.41mg (21.74%), Vitamin B3: 4.23mg (21.16%), Magnesium: 80.17mg (20.04%), Potassium: 580.27mg (16.58%), Zinc: 2.34mg (15.63%), Vitamin B6: 0.26mg (12.96%), Vitamin A: 624.37IU (12.49%), Vitamin B5: 0.44mg (4.42%)