

Cajun Shrimp with Tangy Peach Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon double-acting baking powder
- 1 cup beer
- 0.5 teaspoon pepper black
- 0.5 teaspoon cayenne pepper
- 0.3 teaspoon basil dried
- 2 large eggs
- 1.3 cups flour all-purpose
- 1 teaspoon garlic powder

- 2 tablespoons horseradish prepared
- 1 teaspoon paprika
- 12 ounce peach preserves
- 1 teaspoon salt
- 2 pounds shrimp deveined peeled
- 2 tablespoons spicy mustard prepared
- 2 cups vegetable oil for frying

Equipment

- bowl
- paper towels
- sauce pan
- whisk
- slotted spoon

Directions

- Heat vegetable oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- Mix the peach preserves, horseradish, and mustard together in a small bowl until well blended; set aside.
- Whisk together the flour, baking powder, salt, garlic powder, paprika, cayenne pepper, black pepper, basil, eggs, and beer in a large bowl until smooth.
- Add the shrimp in batches to the batter, turning to coat.
- Remove with a slotted spoon, shaking off excess batter.
- Fry the shrimp in the preheated oil until golden, about 2 minutes.
- Transfer the fried shrimp to a paper towel-lined plate to drain.
- Serve with the peach sauce.

Nutrition Facts



Properties

Glycemic Index:68.92, Glycemic Load:36.81, Inflammation Score:-5, Nutrition Score:15.082608668701%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 560.3kcal (28.02%), Fat: 17.47g (26.88%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 62.6g (20.87%), Net Carbohydrates: 60.63g (22.05%), Sugar: 28.17g (31.3%), Cholesterol: 305.43mg (101.81%), Sodium: 900.05mg (39.13%), Alcohol: 1.53g (100%), Alcohol %: 0.52% (100%), Protein: 36.02g (72.04%), Phosphorus: 455.72mg (45.57%), Copper: 0.72mg (35.76%), Vitamin K: 28.39µg (27.03%), Calcium: 249.71mg (24.97%), Selenium: 17.32µg (24.75%), Magnesium: 71.39mg (17.85%), Zinc: 2.57mg (17.16%), Iron: 3.06mg (17.02%), Folate: 68.02µg (17%), Manganese: 0.33mg (16.26%), Vitamin B2: 0.27mg (15.85%), Vitamin B1: 0.24mg (15.73%), Potassium: 544.82mg (15.57%), Vitamin E: 1.62mg (10.81%), Vitamin B3: 1.88mg (9.38%), Fiber: 1.98g (7.9%), Vitamin C: 6.39mg (7.75%), Vitamin A: 328.4IU (6.57%), Vitamin B6: 0.1mg (4.84%), Vitamin B5: 0.43mg (4.31%), Vitamin B12: 0.16µg (2.6%), Vitamin D: 0.33µg (2.22%)