



Chinese-Style Deep-Fried Salty Shrimp

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



2670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chilies dried red
- ☐ 0.3 cup cornstarch
- ☐ 0.5 eggs beaten
- ☐ 3 tablespoons cloves minced
- ☐ 12 pie crust dough whole
- ☐ 4 servings pepper black freshly ground
- ☐ 2 spring onion thinly sliced
- ☐ 3 cups vegetable oil

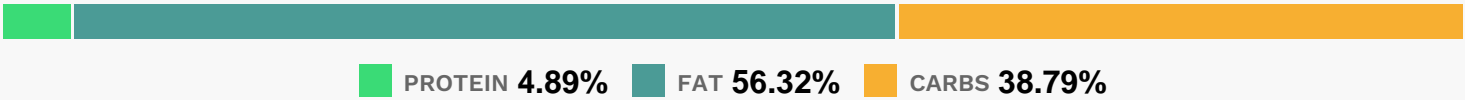
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ wok

Directions

- ☐ Heat two tablespoons of oil in a wok over medium heat until shimmering.
- ☐ Add the garlic, scallions and let brown, stirring occasionally, 3 to 5 minutes.
- ☐ Add the chili pepper flakes if using and stir until aromatic, about 30 seconds.
- ☐ Transfer oil and aromatics to a large metal bowl. Wipe wok clean with paper towel.
- ☐ Add remaining oil to wok and heat to 375°F over medium heat. Meanwhile, combine egg and cornstarch in a medium bowl.
- ☐ Add shrimp and toss to coat. When the oil is ready, add half of the shrimp, dropping them into the oil one at a time. Cook, agitating and flipping shrimp frequently until crisp and just cooked through, 2 to 3 minutes total.
- ☐ Transfer shrimp to a paper towel-lined plate and repeat with remaining batch.
- ☐ Add drained fried shrimp to bowl with browned aromatics. Season to taste with salt, pepper, and optional additional seasonings.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:38.940869608651%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 2670.44kcal (133.52%), Fat: 166.56g (256.25%), Saturated Fat: 46.87g (292.96%), Carbohydrates: 258.14g (86.05%), Net Carbohydrates: 244.02g (88.74%), Sugar: 0.72g (0.8%), Cholesterol: 20.46mg (6.82%), Sodium: 2102.76mg (91.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.51g (65.03%), Manganese: 3.65mg (182.27%), Vitamin K: 114.49µg (109.04%), Vitamin B1: 1.41mg (94.18%), Folate: 364.63µg (91.16%), Iron: 13.84mg (76.89%), Vitamin B3: 13.95mg (69.74%), Fiber: 14.12g (56.48%), Vitamin B2: 0.92mg (53.94%), Selenium: 31.23µg (44.61%), Phosphorus: 385.81mg (38.58%), Vitamin E: 5.35mg (35.67%), Vitamin B5: 2.18mg (21.79%), Magnesium: 85.68mg (21.42%), Copper: 0.41mg (20.39%), Zinc: 2.46mg (16.4%), Potassium: 566.41mg (16.18%), Vitamin B6: 0.29mg (14.35%), Calcium: 119.68mg (11.97%), Vitamin A: 425.16IU (8.5%), Vitamin C: 1.52mg (1.84%)