



Costa Rican Fried Shrimp with Passion Fruit Sauce

 Gluten Free

READY IN



23 min.

SERVINGS



23

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup corn flakes crushed
- 0.3 cup knudsen cream sour
- 2 tsp pepper red crushed
- 1 eggs
- 2 passion fruits ripe
- 2 tsp honey
- 2 cups planters peanut oil

- 1 lb shrimp cleaned (31 to 35 count)
- 0.5 cup cornmeal yellow

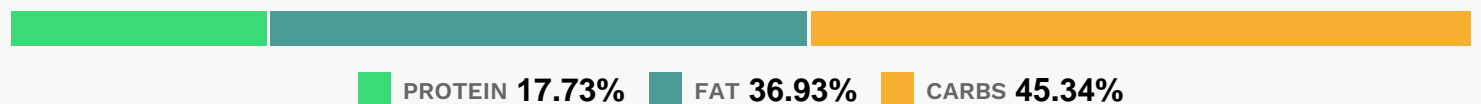
Equipment

- frying pan
- paper towels
- sauce pan
- sieve
- blender

Directions

- Cut off small ends of passion fruits. Scoop out pulp and seeds into mesh strainer placed over blender container; press down on pulp with back of spoon to extract juice.
- Add sour cream and honey to juice; cover. Blend well; set aside.
- Mix corn flake crumbs, cornmeal and pepper in shallow dish; set aside. Beat egg lightly in separate shallow dish. Dip shrimp in egg, then in corn flake mixture, turning over to evenly coat both sides. Gently shake off excess crumb mixture.
- Heat oil in large deep skillet or saucepan on medium-high heat to 350F to 375F.
- Add shrimp, in batches; cook 2 to 3 min. or until golden brown and cooked through.
- Drain on paper towels.
- Serve with the passion fruit sauce.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:1.76, Inflammation Score:-3, Nutrition Score:4.1982608618944%

Nutrients (% of daily need)

Calories: 113.94kcal (5.7%), Fat: 4.81g (7.4%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 12.11g (4.4%), Sugar: 5.55g (6.17%), Cholesterol: 40.34mg (13.45%), Sodium: 69.43mg (3.02%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Iron: 1.88mg (10.46%), Phosphorus: 66.16mg (6.62%), Copper: 0.13mg (6.44%), Vitamin B6: 0.13mg (6.34%), Vitamin B2: 0.11mg (6.21%), Vitamin B3: 1.18mg (5.92%), Vitamin A: 287.5IU (5.75%), Vitamin B1: 0.09mg (5.71%), Folate: 21.43µg (5.36%), Fiber: 1.18g (4.73%), Vitamin E: 0.7mg (4.7%), Vitamin B12: 0.28µg (4.66%), Magnesium: 15.31mg (3.83%), Zinc: 0.5mg (3.33%), Potassium: 116.13mg (3.32%), Manganese: 0.05mg (2.61%), Vitamin C: 1.97mg (2.39%), Vitamin K: 2.06µg (1.96%), Selenium: 1.35µg (1.93%), Calcium: 19.25mg (1.92%), Vitamin D: 0.22µg (1.49%)