



## Crab and Shellfish Fritters

READY IN



45 min.

SERVINGS



72

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 pound clams raw minced
- 0.5 pound crab meat
- 0.5 teaspoon thyme dried
- 1 large eggs lightly beaten
- 1 cup flour all-purpose
- 1 tablespoon parsley fresh chopped
- 2 garlic clove minced
- 0.5 cup bell pepper green chopped

- 2 spring onion chopped
- 1 pinch ground pepper red
- 1 teaspoon hot sauce
- 1 teaspoon paprika
- 2 jalapeno seeded finely chopped
- 72 servings mayonnaise
- 0.5 cup milk
- 0.5 cup onion finely chopped
- 0.5 cup bell pepper red chopped
- 0.8 teaspoon pepper dried red crushed
- 0.5 pound shrimp peeled chopped
- 72 servings vegetable oil
- 2 cups water
- 0.5 pound frangelico fresh finely chopped
- 0.5 pound frangelico fresh finely chopped

## Equipment

- bowl
- paper towels
- sauce pan
- dutch oven

## Directions

- Bring water to a boil in a large saucepan; add shrimp and conch. Boil 1 minute; drain and set aside.
- Combine flour through ground red pepper in a large bowl; make a well in center.
- Combine egg, milk, and hot sauce; add to dry ingredients, stirring just until moistened.
- Add shrimp, conch, and onion through crabmeat, stirring until blended.
- Let mixture stand 10 minutes.

- Pour oil to a depth of 3 inches into a Dutch oven; heat to 37
- Drop batter by rounded teaspoonfuls into hot oil; fry in batches 1 to 2 minutes or until golden, turning once.
- Drain on paper towels, and serve immediately with Spicy Juniper Mayonnaise.

## Nutrition Facts

**PROTEIN 4.02%**

**FAT 91.73%**

**CARBS 4.25%**

### Properties

Glycemic Index:7.28, Glycemic Load:1.08, Inflammation Score:-1, Nutrition Score:3.2669564602168%

### Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

### Nutrients (% of daily need)

Calories: 166.5kcal (8.32%), Fat: 17.19g (26.44%), Saturated Fat: 2.67g (16.69%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.26g (0.29%), Cholesterol: 11mg (3.67%), Sodium: 65.69mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Vitamin K: 34.25µg (32.62%), Vitamin E: 1.34mg (8.95%), Vitamin B12: 0.36µg (5.95%), Vitamin C: 3.13mg (3.79%), Selenium: 2.25µg (3.21%), Copper: 0.05mg (2.45%), Phosphorus: 22.95mg (2.29%), Zinc: 0.28mg (1.86%), Vitamin A: 80.51IU (1.61%), Folate: 6.35µg (1.59%), Vitamin B1: 0.02mg (1.27%), Calcium: 11.38mg (1.14%), Vitamin B2: 0.02mg (1.13%), Manganese: 0.02mg (1.13%), Iron: 0.19mg (1.07%), Magnesium: 4.14mg (1.03%)