



Crispy Creamy Rock Shrimp with Sweet Chile Aioli and Apple Slaw

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounces beer dry
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 celery coarsely chopped cut into julienne, and tender leaves,
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 1 medium fuji apple cored peeled cut into julienne
- ☐ 0.5 cup the salad coarsely chopped

- ☐ 0.5 juice of lime
- ☐ 1 cup mayonnaise
- ☐ 0.5 pound rock shrimp fresh deveined peeled
- ☐ 0.3 teaspoon sea salt fine
- ☐ 2 tablespoons thai chile sweet
- ☐ 10 cups vegetable oil
- ☐ 1 tablespoon miso white (also called shiro miso)
- ☐ 3 cups tempura batter mix
- ☐ 1 tablespoon frangelico
- ☐ 1 tablespoon frangelico

Equipment

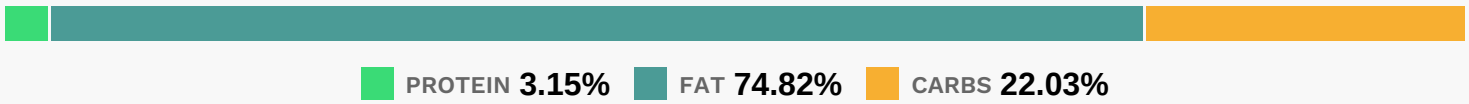
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ In a small bowl, whisk together all of the aioli ingredients. DO AHEAD: Can be made 2 days ahead. Cover and chill.
- ☐ In a small bowl, toss together all of the slaw ingredients, cover, and keep chilled until ready to serve.
- ☐ Line a baking sheet with 2 layers of paper towels.
- ☐ In a heavy large pot, heat 3 inches of oil until a deep-fat thermometer registers 350°F.
- ☐ In a small bowl, whisk together flour, salt, and pepper.
- ☐ In a medium bowl, stir together beer and tempura mix—the mixture should be about as thick as pancake batter.

- ☐ Lightly coat the shrimp in the seasoned flour, shaking off any excess, then dip in the tempura batter. Working in batches, fry the shrimp until light golden brown, about 3 minutes per batch.
- ☐ Transfer as done to the prepared baking sheet and return oil to 350°F between batches.
- ☐ Transfer the fried shrimp to a small bowl, add sweet chile aioli, and gently toss to coat.
- ☐ Divide the apple slaw among 6 small appetizer plates. Arrange about 6 shrimp on each plate and serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.08, Glycemic Load:8.43, Inflammation Score:-7, Nutrition Score:13.481739127118%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 1239.36kcal (61.97%), Fat: 101.33g (155.89%), Saturated Fat: 15.55g (97.2%), Carbohydrates: 67.15g (22.38%), Net Carbohydrates: 65.75g (23.91%), Sugar: 3.97g (4.41%), Cholesterol: 63.31mg (21.1%), Sodium: 814.34mg (35.41%), Alcohol: 2.95g (100%), Alcohol %: 0.59% (100%), Protein: 9.6g (19.19%), Vitamin K: 203µg (193.34%), Vitamin E: 7.82mg (52.13%), Selenium: 16.31µg (23.3%), Vitamin C: 15.44mg (18.71%), Phosphorus: 135.97mg (13.6%), Folate: 39.95µg (9.99%), Vitamin B3: 1.83mg (9.17%), Manganese: 0.16mg (8.04%), Vitamin B12: 0.48µg (8.03%), Vitamin B1: 0.11mg (7.55%), Vitamin B6: 0.15mg (7.28%), Copper: 0.13mg (6.58%), Vitamin A: 328.51IU (6.57%), Vitamin B2: 0.11mg (6.48%), Fiber: 1.4g (5.6%), Magnesium: 21.35mg (5.34%), Iron: 0.9mg (5.01%), Potassium: 170.41mg (4.87%), Zinc: 0.63mg (4.18%), Calcium: 36.89mg (3.69%), Vitamin B5: 0.32mg (3.21%)