



Crunchy Fried Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 large eggs
- ☐ 0.3 cup flour
- ☐ 1 pound shrimp deveined uncooked peeled
- ☐ 1.5 cups kikkoman panko bread crumbs
- ☐ 0.8 teaspoon salt
- ☐ 4 servings vegetable oil for deep frying

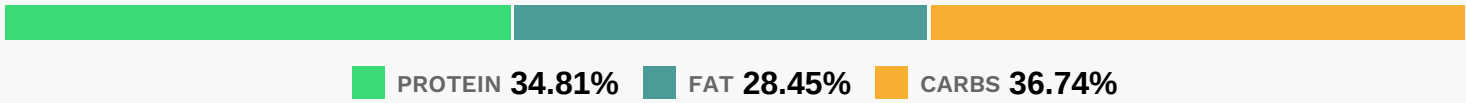
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ tongs

Directions

- ☐ Beat eggs in a medium bowl until frothy.
- ☐ Mix flour, salt and pepper in another medium bowl. Dredge shrimp in flour, shake off excess. Dip shrimp into eggs, then press shrimp into Panko; turn shrimp over and press into Panko again to coat both sides.
- ☐ Pour enough oil into heavy large pot to reach depth of 2 inches; heat to 350 degrees F. Working in batches, add shrimp to hot oil; deep-fry until cooked through, about 1 minute. Using tongs transfer shrimp to paper towels to drain. Arrange shrimp on platter. If desired, serve with Kikkoman Tonkatsu Sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:5.78, Inflammation Score:-4, Nutrition Score:16.724347777989%

Nutrients (% of daily need)

Calories: 286.31kcal (14.32%), Fat: 8.81g (13.56%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 24.25g (8.82%), Sugar: 1.56g (1.74%), Cholesterol: 282.38mg (94.13%), Sodium: 1296.07mg (56.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.26g (48.53%), Selenium: 54.29µg (77.56%), Phosphorus: 399.71mg (39.97%), Vitamin B12: 1.67µg (27.85%), Vitamin B1: 0.34mg (22.49%), Vitamin B3: 4.15mg (20.77%), Folate: 82.35µg (20.59%), Vitamin B2: 0.33mg (19.47%), Manganese: 0.35mg (17.71%), Copper: 0.31mg (15.47%), Vitamin E: 2.15mg (14.31%), Vitamin B6: 0.28mg (13.94%), Iron: 2.49mg (13.85%), Zinc: 1.99mg (13.25%), Calcium: 126.35mg (12.63%), Vitamin B5: 1.1mg (11%), Magnesium: 41.85mg (10.46%), Vitamin A: 407.98IU (8.16%), Vitamin K: 7.53µg (7.17%), Potassium: 238.55mg (6.82%), Vitamin D: 0.86µg (5.76%), Fiber: 1.36g (5.43%)