



Crystal Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1 large egg whites
- ☐ 4 ginger fresh with side of heavy large knife crushed peeled
- ☐ 0.5 cup spring onion (1-inch-long pieces)
- ☐ 0.3 teaspoon pepper white
- ☐ 0.3 cup chicken broth
- ☐ 0.8 cup peas green frozen thawed
- ☐ 2.3 teaspoons salt divided

- ☐ 1 teaspoon sesame oil
- ☐ 2 tablespoons rice wine dry chinese (rice wine)
- ☐ 1 pound shrimp deveined uncooked peeled
- ☐ 4 cups vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ wok
- ☐ slotted spoon
- ☐ colander

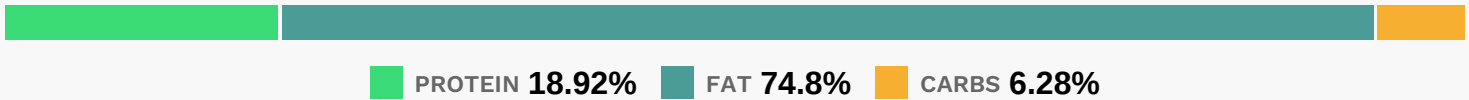
Directions

- ☐ Place shrimp in colander; rinse under cold running water.
- ☐ Drain.
- ☐ Sprinkle 1 teaspoon salt over shrimp; stir 1 minute. Rinse under cold running water again; drain. Repeat with shrimp and 1 teaspoon salt. Rinse and drain well.
- ☐ Transfer shrimp to several layers of paper towels and pat dry.
- ☐ Whisk egg white, 1 tablespoon cornstarch, and remaining 1/4 teaspoon salt in medium bowl; stir until shrimp are coated with batter. Cover and chill at least 1 hour and up to 3 hours.
- ☐ Whisk broth, rice wine, sesame oil, white pepper, and remaining 1 teaspoon cornstarch in small bowl; set aside.
- ☐ Attach deep-fry thermometer to side of 14-inch-diameter flat-bottomed wok or heavy large deep saucepan.
- ☐ Pour 4 cups oil into wok or saucepan and heat over medium-high heat until thermometer registers 375°F. Using slotted spoon, add shrimp (with batter clinging to surface) in batches

of 5 or 6; cook just until shrimp turn pink, stirring and separating any that stick together, about 30 seconds. Using slotted spoon, transfer shrimp to plate.

- ☐ Transfer 1 tablespoon oil from wok to small bowl and reserve. Carefully pour remaining oil from wok into metal bowl (reserve for another use). Wash and dry wok.
- ☐ Heat same wok or heavy large skillet over high heat until drop of water evaporates on contact.
- ☐ Add reserved 1 tablespoon oil and swirl.
- ☐ Add green onions and ginger; stir 10 seconds.
- ☐ Add shrimp and peas. Stir in broth mixture; stir-fry until shrimp are just opaque in center and sauce coats shrimp, about 30 seconds.
- ☐ Transfer to bowl and serve.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:1.4, Inflammation Score:-6, Nutrition Score:13.358260872571%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 546.96kcal (27.35%), Fat: 45.47g (69.95%), Saturated Fat: 6.97g (43.57%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 6.53g (2.38%), Sugar: 2.03g (2.26%), Cholesterol: 182.57mg (60.86%), Sodium: 1465.75mg (63.73%), Alcohol: 1.21g (100%), Alcohol %: 0.37% (100%), Protein: 25.87g (51.75%), Vitamin K: 112.94µg (107.56%), Phosphorus: 285.63mg (28.56%), Copper: 0.53mg (26.53%), Vitamin E: 3.7mg (24.69%), Vitamin C: 13.6mg (16.49%), Magnesium: 55.88mg (13.97%), Potassium: 457.69mg (13.08%), Zinc: 1.95mg (13.03%), Manganese: 0.2mg (9.78%), Calcium: 92.22mg (9.22%), Fiber: 2.07g (8.26%), Iron: 1.31mg (7.27%), Folate: 26.78µg (6.7%), Vitamin A: 332.61IU (6.65%), Vitamin B1: 0.08mg (5.42%), Vitamin B2: 0.09mg (5.24%), Vitamin B3: 0.9mg (4.49%), Selenium: 2.43µg (3.47%), Vitamin B6: 0.07mg (3.34%)