



Deep Fried Shrimp

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 8 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon salt
- ☐ 4 pounds shrimp deveined peeled
- ☐ 1.5 cups vegetable oil

Equipment

- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ In a medium size mixing bowl combine shrimp, salt and pepper; stir.
- ☐ Heat oil in a medium size saucepan. In another medium size mixing bowl stir together eggs, flour and baking powder. Dredge shrimp in egg mixture then fry in oil until they are golden.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:17.46, Inflammation Score:-4, Nutrition Score:21.346956574399%

Nutrients (% of daily need)

Calories: 552.22kcal (27.61%), Fat: 18.34g (28.21%), Saturated Fat: 3.86g (24.11%), Carbohydrates: 24.67g (8.22%), Net Carbohydrates: 23.74g (8.63%), Sugar: 0.3g (0.34%), Cholesterol: 705.1mg (235.03%), Sodium: 902.09mg (39.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.44g (142.87%), Phosphorus: 812.17mg (81.22%), Copper: 1.27mg (63.72%), Selenium: 28.62µg (40.89%), Zinc: 5.03mg (33.55%), Magnesium: 120.51mg (30.13%), Calcium: 271.96mg (27.2%), Potassium: 917.36mg (26.21%), Vitamin B2: 0.42mg (24.89%), Iron: 4.16mg (23.11%), Folate: 84.82µg (21.2%), Vitamin K: 20.86µg (19.87%), Manganese: 0.37mg (18.65%), Vitamin B1: 0.27mg (17.94%), Vitamin B5: 1.04mg (10.41%), Vitamin E: 1.53mg (10.2%), Vitamin B3: 1.89mg (9.46%), Vitamin B12: 0.52µg (8.7%), Vitamin D: 1.17µg (7.82%), Vitamin A: 318.62IU (6.37%), Vitamin B6: 0.11mg (5.72%), Fiber: 0.93g (3.72%)