



WHATSheATE



## Firecracker Shrimp



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 12 egg roll wrappers cut in half into 2 triangles
- ☐ 1 tablespoon fish sauce (or soy sauce)
- ☐ 2 teaspoons garlic grated
- ☐ 2 teaspoons ginger grated
- ☐ 4 servings oil for frying
- ☐ 1 teaspoon sesame oil
- ☐ 0.5 pound shrimp with tails on and deviened peeled

- ☐ 4 servings chili sauce sweet for dipping
- ☐ 2 tablespoons water

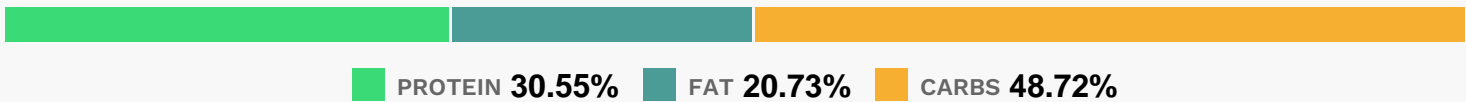
## Equipment

- ☐ paper towels

## Directions

- ☐ Nick the shrimp a few times along the inside of their curve to help them stay straight. Marinate the shrimp in the sweet chili sauce, soy sauce, sesame oil, garlic and ginger in the fridge for 20 minutes. Shake any excess marinade off of the shrimp, wrap them in the egg roll wrappers leaving the tails out and seal the wrapper with a mixture of the water and the cornstarch. Fry the shrimp in small batches in oil over medium-high heat until golden brown, crispy and cooked through, about 2-3 minutes and set aside on paper towels to drain.

## Nutrition Facts



## Properties

Glycemic Index:11.25, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:6.731304295361%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 205.76kcal (10.29%), Fat: 4.7g (7.22%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 24.06g (8.75%), Sugar: 0.67g (0.75%), Cholesterol: 94.8mg (31.6%), Sodium: 654.65mg (28.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.57g (31.14%), Selenium: 11.66µg (16.65%), Phosphorus: 156.01mg (15.6%), Manganese: 0.31mg (15.3%), Copper: 0.29mg (14.49%), Vitamin B1: 0.21mg (13.75%), Vitamin B3: 2.24mg (11.19%), Iron: 1.68mg (9.31%), Magnesium: 36.43mg (9.11%), Folate: 35.99µg (9%), Vitamin B2: 0.15mg (8.94%), Zinc: 1.07mg (7.12%), Calcium: 59.67mg (5.97%), Potassium: 204.82mg (5.85%), Vitamin E: 0.51mg (3.39%), Fiber: 0.77g (3.07%), Vitamin B6: 0.05mg (2.49%), Vitamin K: 2.16µg (2.06%)