

Fried Butterflied Shrimp

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



1019 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bread crumbs fresh
- ☐ 1.5 cups cornstarch
- ☐ 2 eggs
- ☐ 5 cups oil for deep frying
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 quart water

Equipment

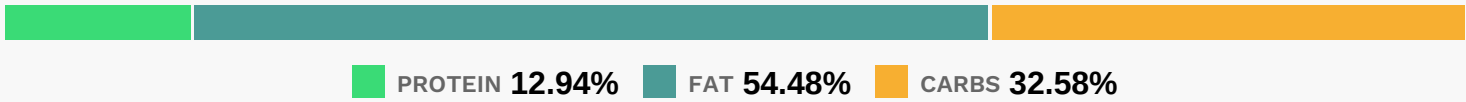
- ☐ bowl

- ☐ frying pan
- ☐ deep fryer

Directions

- ☐ Preheat deep fryer or skillet with oil to 350 degrees F (175 degrees C).
- ☐ In a large bowl, pour in water and mix in cornstarch and eggs.
- ☐ Dip the shrimp into the mixture allowing them to be completely coated. Then roll the shrimp in the breadcrumbs. Coat the shrimp well with the breadcrumbs.
- ☐ Mix up the cornstarch batter again. Dip the breadcrumbs coated shrimp back into the cornstarch batter.
- ☐ Roll the shrimp in the breadcrumbs for a second time. Repeat for each shrimp.
- ☐ Drop shrimp, one at a time, into the hot oil and cook shrimp until they are golden brown.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:19.5900001422222%

Nutrients (% of daily need)

Calories: 1019.07kcal (50.95%), Fat: 61.56g (94.7%), Saturated Fat: 5.58g (34.87%), Carbohydrates: 82.84g (27.61%), Net Carbohydrates: 79.98g (29.08%), Sugar: 3.43g (3.81%), Cholesterol: 264.41mg (88.14%), Sodium: 577.61mg (25.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.9g (65.8%), Vitamin E: 10.07mg (67.16%), Vitamin K: 43.56µg (41.48%), Phosphorus: 381.57mg (38.16%), Vitamin B1: 0.53mg (35.4%), Copper: 0.66mg (32.94%), Selenium: 21.71µg (31.01%), Manganese: 0.57mg (28.26%), Iron: 3.81mg (21.16%), Calcium: 191.77mg (19.18%), Vitamin B2: 0.32mg (18.72%), Vitamin B3: 3.6mg (17.99%), Zinc: 2.64mg (17.59%), Magnesium: 69.36mg (17.34%), Folate: 68.12µg (17.03%), Potassium: 437.01mg (12.49%), Fiber: 2.86g (11.45%), Vitamin B12: 0.38µg (6.41%), Vitamin B5: 0.64mg (6.35%), Vitamin B6: 0.1mg (5.14%), Vitamin D: 0.44µg (2.93%), Vitamin A: 118.8IU (2.38%)