



Fried Shrimp Flatbreads with Spicy Cardamom Sauce

READY IN



45 min.

SERVINGS



45

CALORIES



61 kcal

Ingredients

- ☐ 45 servings pepper black freshly ground
- ☐ 2 tablespoons buttermilk
- ☐ 2 tablespoons chives minced
- ☐ 0.5 cup crème fraîche
- ☐ 1 large water with 1 tablespoon of water beaten (large)
- ☐ 7 cloves garlic minced
- ☐ 1 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 haas avocados sliced lengthwise

- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 1 lemon zest grated
- ☐ 2 tablespoons mint leaves chopped
- ☐ 0.3 cup pickled beets red sliced (from a jar of pickled beets and onions)
- ☐ 1 cup panko bread crumbs (Japanese bread crumbs)
- ☐ 45 servings salt
- ☐ 1 pound shrimp shelled deveined
- ☐ 4 thai chile minced
- ☐ 45 servings vegetable oil for frying
- ☐ 4 flour tortilla such as naan, or thick flour tortillas, warmed thin (,)

Equipment

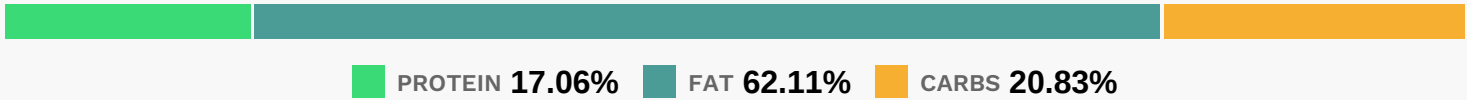
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ In a bowl, whisk the crme frache with the buttermilk, mint, chives, lemon zest and 1 minced garlic clove; season the crema with salt and pepper.
- ☐ In a blender, combine the remaining minced garlic with the chiles, cardamom, cumin and lemon juice. Puree until smooth. Season the cardamom sauce with salt and pepper.
- ☐ Put the beaten egg and panko in separate bowls. Dip the shrimp in the egg, then dredge in the panko; transfer to a baking sheet. Refrigerate for 10 minutes.
- ☐ Preheat the oven to 35
- ☐ In a saucepan, heat 1 inch of vegetable oil to 35
- ☐ Fry 4 shrimp at a time, turning once, until browned and crisp, about 2 minutes.

- ☐
- Transfer the shrimp to a rack set over a rimmed baking sheet to drain; season with salt. When all of the shrimp have been fried, transfer them to the oven and bake until heated through, about 2 minutes.
- ☐
- Spread the warm flatbreads with the spicy sauce. Arrange the avocado and the shrimp on top. Scatter the pickled onion on top, drizzle with the crema and serve.

Nutrition Facts



Properties

Glycemic Index:4.93, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:1.958695648643%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 61.34kcal (3.07%), Fat: 4.33g (6.66%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 2.71g (0.98%), Sugar: 0.43g (0.47%), Cholesterol: 17.81mg (5.94%), Sodium: 239.08mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Vitamin K: 6.9µg (6.58%), Manganese: 0.08mg (3.81%), Phosphorus: 35.75mg (3.57%), Copper: 0.06mg (3.01%), Vitamin C: 1.89mg (2.29%), Vitamin E: 0.34mg (2.26%), Fiber: 0.56g (2.24%), Folate: 8.64µg (2.16%), Vitamin B1: 0.03mg (2.15%), Calcium: 19.54mg (1.95%), Potassium: 67.31mg (1.92%), Magnesium: 7.31mg (1.83%), Iron: 0.32mg (1.76%), Selenium: 1.15µg (1.64%), Vitamin B2: 0.03mg (1.56%), Zinc: 0.23mg (1.51%), Vitamin B3: 0.3mg (1.51%), Vitamin B6: 0.02mg (1.23%)