



Fried Shrimp with Peanut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings flour with salt and pepper all-purpose
- 2 tablespoons spring onion thinly sliced
- 1 large eggs
- 2 servings vegetable oil for deep-frying
- 4 teaspoons juice of lemon fresh to taste
- 0.3 cup creamy peanut butter
- 4 teaspoons soya sauce
- 1 large garlic clove minced

- 2 servings ground pepper to taste
- 0.8 pound shrimp shelled (32)
- 2 teaspoons brown sugar light packed
- 0.3 cup water

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- sieve
- kitchen thermometer
- ziploc bags
- slotted spoon

Directions

- In a small heavy saucepan combine the peanut butter, the soy sauce, the lemon juice, the brown sugar, the garlic, 1/3 cup of the water, and the cayenne, bring the mixture just to a boil, whisking until it is smooth, and whisk in the scallion greens. Keep the sauce warm. In a small bowl whisk together the egg and the remaining 2 tablespoons water and add the shrimp. In a large plastic bag have ready the flour.
- Add the shrimp, drained well, to the flour, and in a sieve shake them to knock off the excess flour. In a deep skillet heat 1 inch of the oil until a deep-fat thermometer registers 275°F., in it fry the shrimp in 2 batches, stirring them once, for 1 minute, or until they are just cooked through, and transfer them with a slotted spoon to paper towels to drain.
- Serve the shrimp with the sauce.

Nutrition Facts



PROTEIN 32.6% **FAT 53.25%** **CARBS 14.15%**

Properties

Glycemic Index:99, Glycemic Load:5.44, Inflammation Score:-7, Nutrition Score:20.488261015519%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 559.04kcal (27.95%), Fat: 34.2g (52.61%), Saturated Fat: 6.43g (40.2%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 17.84g (6.49%), Sugar: 8.2g (9.11%), Cholesterol: 366.86mg (122.29%), Sodium: 1051.74mg (45.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.12g (94.23%), Phosphorus: 557.87mg (55.79%), Copper: 0.87mg (43.61%), Vitamin K: 39.99µg (38.09%), Manganese: 0.73mg (36.27%), Vitamin E: 5mg (33.31%), Magnesium: 129.46mg (32.36%), Vitamin B3: 5.45mg (27.27%), Zinc: 3.63mg (24.17%), Potassium: 777.39mg (22.21%), Vitamin A: 1027.76IU (20.56%), Selenium: 12.12µg (17.31%), Folate: 63.42µg (15.85%), Calcium: 157.29mg (15.73%), Iron: 2.82mg (15.68%), Vitamin B2: 0.26mg (15.15%), Vitamin B6: 0.29mg (14.52%), Fiber: 2.61g (10.43%), Vitamin B1: 0.14mg (9.05%), Vitamin C: 6.99mg (8.48%), Vitamin B5: 0.83mg (8.35%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.5µg (3.33%)