



Fried Shrimp With Tartar Slaw

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cups coleslaw mix shredded
- 4 large eggs
- 1.5 cups flour all-purpose
- 1 juice of lemon for serving
- 4 servings kosher salt and pepper freshly ground
- 0.5 cup mayonnaise
- 1 tablespoon old bay seasoning
- 2 scallions sliced

- 1.5 pounds shrimp deveined peeled
- 0.3 cup relish sweet
- 4 servings vegetable oil for frying

Equipment

- bowl
- frying pan
- paper towels
- kitchen thermometer
- ziploc bags
- rolling pin

Directions

- Mix the mayonnaise, relish and lemon juice in a large bowl.
- Add the coleslaw mix and scallions; season with salt and pepper and toss to coat. Cover and refrigerate until ready to serve.
- Fill a large bowl halfway with ice water and 1 tablespoon salt. Butterfly the shrimp: Make a deep cut down the back of each shrimp so it can be splayed open. Soak in the ice water, 5 to 10 minutes.
- Meanwhile, place the saltines in a large resealable plastic bag and finely crush with a rolling pin; transfer to a bowl.
- Mix the flour and Old Bay Seasoning in another bowl. Lightly beat the eggs in a third bowl. Dredge the shrimp in the seasoned flour, dip in the eggs and press into the crushed crackers, splaying each one open to coat inside the incision.
- Transfer to a plate, cover and refrigerate until ready to fry.
- Heat 3/4 inch vegetable oil in a large heavy-bottomed skillet over high heat until a deep-fry thermometer registers 350 degrees F. Fry the shrimp in batches, turning once, until golden, 1 to 2 minutes.
- Drain on paper towels and season with salt.
- Serve with lemon wedges and the slaw.
- Photograph by Antonis Achilleos

Nutrition Facts

PROTEIN 28.57% FAT 40.64% CARBS 30.79%

Properties

Glycemic Index:50.25, Glycemic Load:28.08, Inflammation Score:-7, Nutrition Score:29.835652081863%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 663.41kcal (33.17%), Fat: 30.14g (46.37%), Saturated Fat: 5.61g (35.04%), Carbohydrates: 51.4g (17.13%), Net Carbohydrates: 46.17g (16.79%), Sugar: 9.77g (10.85%), Cholesterol: 471.62mg (157.21%), Sodium: 796.63mg (34.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.68g (95.36%), Vitamin K: 190.79µg (181.7%), Vitamin C: 55.54mg (67.33%), Phosphorus: 562.59mg (56.26%), Selenium: 32.42µg (46.32%), Folate: 177.75µg (44.44%), Copper: 0.83mg (41.41%), Manganese: 0.7mg (34.88%), Vitamin B1: 0.48mg (32.26%), Vitamin B2: 0.53mg (31.43%), Iron: 5.23mg (29.08%), Magnesium: 97.59mg (24.4%), Potassium: 846.81mg (24.19%), Zinc: 3.63mg (24.18%), Calcium: 217.44mg (21.74%), Fiber: 5.23g (20.9%), Vitamin B3: 3.24mg (16.18%), Vitamin B6: 0.3mg (15.2%), Vitamin A: 698.5IU (13.97%), Vitamin E: 2.06mg (13.71%), Vitamin B5: 1.33mg (13.32%), Vitamin B12: 0.48µg (7.98%), Vitamin D: 1.06µg (7.04%)