



Golden Bread Shrimp Roll

 Dairy Free

READY IN



55 min.

SERVINGS



2

CALORIES



1100 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons curry powder
- 1 eggs beaten
- 6 leaves lettuce
- 0.5 onion thinly sliced
- 2 servings salt and pepper to taste
- 10 shrimp shelled deveined
- 1 quart vegetable oil for frying
- 5 slices bread white cut in half

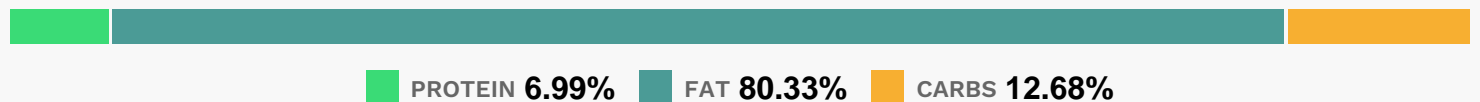
Equipment

- bowl
- frying pan
- paper towels

Directions

- In a medium size bowl combine the shrimp, onion, curry powder, and salt and pepper. Marinate for 30 minutes.
- Lay the flattened the white bread on a level surface.
- Place one marinated shrimp and some onion onto the bread.
- Roll the bread so that the shrimp and onion are held in the middle of the bread with the tail sticking out of one end. Seal the edges of the roll closed with the beaten egg. Continue this process with each shrimp.
- Pour enough vegetable oil in a large skillet to cover the shrimp rolls.
- Heat the oil over a medium heat. Oil is ready for frying when bubbles begin to rise.
- Place a few shrimp rolls in the oil at a time. Fry until the bread turns a golden brown color.
- Drain on a paper towel and serve on a plate of lettuce.

Nutrition Facts



Properties

Glycemic Index:69.39, Glycemic Load:22.65, Inflammation Score:-8, Nutrition Score:19.475652093473%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 1100.15kcal (55.01%), Fat: 99.56g (153.17%), Saturated Fat: 15.75g (98.41%), Carbohydrates: 35.35g (11.78%), Net Carbohydrates: 32.5g (11.82%), Sugar: 5.11g (5.68%), Cholesterol: 162.34mg (54.11%), Sodium: 587.2mg (25.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.49g (38.97%), Vitamin K: 182.12µg (173.44%), Vitamin E: 8.6mg (57.32%), Selenium: 21.76µg (31.08%), Manganese: 0.54mg (27.22%), Phosphorus: 240.94mg (24.09%), Folate: 94.98µg (23.75%), Vitamin B1: 0.35mg (23.55%), Calcium: 196.52mg (19.65%), Iron: 3.51mg (19.52%), Copper: 0.32mg (16.1%), Vitamin B2: 0.27mg (15.86%), Vitamin B3: 3.12mg (15.61%), Magnesium: 46.53mg (11.63%), Fiber: 2.86g (11.43%), Zinc: 1.67mg (11.12%), Potassium: 340.38mg (9.73%), Vitamin B6: 0.16mg (8.05%), Vitamin B5: 0.73mg (7.28%), Vitamin A: 260.17IU (5.2%), Vitamin C: 2.93mg (3.56%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)