



Honey Walnut Shrimp

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 egg whites
- ☐ 2 tablespoons honey
- ☐ 0.3 cup mayonnaise
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 tablespoon condensed milk sweetened canned
- ☐ 1 cup vegetable oil for frying
- ☐ 0.5 cup walnuts
- ☐ 1 cup water

☐ 0.7 cup sugar white

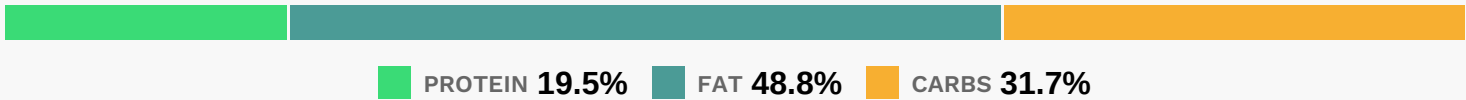
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Stir together the water and sugar in a small saucepan. Bring to a boil and add the walnuts. Boil for 2 minutes, then drain and place walnuts on a cookie sheet to dry.
- ☐ Whip egg whites in a medium bowl until foamy. Stir in the mochiko until it has a pasty consistency.
- ☐ Heat the oil in a heavy deep skillet over medium-high heat. Dip shrimp into the mochiko batter, and then fry in the hot oil until golden brown, about 5 minutes.
- ☐ Remove with a slotted spoon and drain on paper towels.
- ☐ In a medium serving bowl, stir together the mayonnaise, honey and sweetened condensed milk.
- ☐ Add shrimp and toss to coat with the sauce.
- ☐ Sprinkle the candied walnuts on top and serve.

Nutrition Facts



Properties

Glycemic Index:63.34, Glycemic Load:29.69, Inflammation Score:-2, Nutrition Score:10.867826023827%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 575.5kcal (28.77%), Fat: 32.08g (49.35%), Saturated Fat: 4.59g (28.66%), Carbohydrates: 46.87g (15.62%), Net Carbohydrates: 45.87g (16.68%), Sugar: 45.28g (50.31%), Cholesterol: 190.15mg (63.38%), Sodium: 284mg (12.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.85g (57.69%), Vitamin K: 43.29µg (41.23%), Copper: 0.7mg (35.09%), Phosphorus: 313.78mg (31.38%), Manganese: 0.55mg (27.55%), Magnesium: 68.34mg (17.08%), Zinc: 2.08mg (13.87%), Potassium: 440.24mg (12.58%), Selenium: 8.06µg (11.52%), Vitamin B2: 0.19mg (11.02%), Calcium: 107.07mg (10.71%), Vitamin E: 1.46mg (9.74%), Iron: 1.14mg (6.34%), Vitamin B6: 0.09mg (4.31%), Folate: 16.99µg (4.25%), Fiber: 1g (4%), Vitamin B1: 0.06mg (3.8%), Vitamin B5: 0.21mg (2.09%), Vitamin B12: 0.07µg (1.1%), Vitamin B3: 0.22mg (1.09%)