



WHATSheATE



Hundred Corner Shrimp Balls



Dairy Free

READY IN



60 min.

SERVINGS



80

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 80 servings barbecue sauce
- ☐ 2.3 teaspoons coarse salt
- ☐ 2 tablespoons cornstarch
- ☐ 1 large egg whites lightly beaten
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 3 cups panko bread crumbs (Japanese bread crumbs)
- ☐ 3 tablespoons fat fresh chilled finely chopped
- ☐ 1.5 tablespoons rice wine

- ☐ 2 tablespoons spring onion finely chopped
- ☐ 1.5 lb shrimp deveined peeled
- ☐ 8 cups vegetable oil
- ☐ 1 cup water chestnuts rinsed finely chopped canned

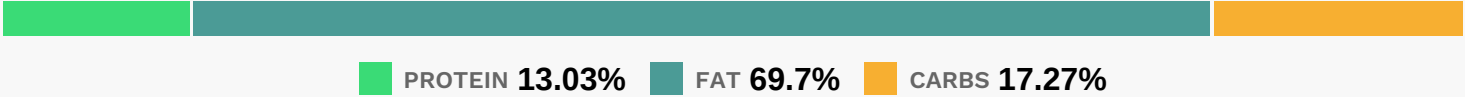
Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Pulse shrimp in a food processor until finely chopped.
- ☐ Transfer to a large bowl, then stir in water chestnuts, egg white, pork fat, rice wine, ginger, scallion, salt, and cornstarch. Beat shrimp mixture vigorously with a wooden spoon and throw it against side of bowl until combined well and compacted. Wet your hands with cold water and form teaspoons of shrimp mixture into balls, arranging in 1 layer on a wax-paper-lined tray. Coat balls, 1 at a time, in panko, then arrange in 1 layer on another wax-paper-lined tray.
- ☐ Preheat oven to 425°F.
- ☐ Heat oil in a 5-quart pot until a deep-fat thermometer registers 375°F and fry balls in 4 batches, turning, 1 to 1 1/2 minutes, or until golden and just cooked through. (Return oil to 375°F between batches.)
- ☐ Transfer with a slotted spoon to paper towels to drain. When all shrimp balls are fried, reheat on a rack set in a shallow baking pan in middle of oven until just hot, about 2 minutes.
- ☐ • Shrimp balls may be coated and fried 1 day ahead, cooled completely, then chilled, covered. Bring to room temperature before reheating.

Nutrition Facts



Properties

Glycemic Index:0.59, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2643478350795%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 64.38kcal (3.22%), Fat: 5.01g (7.71%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.57g (0.93%), Sugar: 0.59g (0.65%), Cholesterol: 14.15mg (4.72%), Sodium: 103.38mg (4.49%), Alcohol: 0.05g (100%), Alcohol %: 0.15% (100%), Protein: 2.11g (4.22%), Vitamin K: 8.5µg (8.1%), Vitamin E: 0.39mg (2.62%), Phosphorus: 23.15mg (2.32%), Copper: 0.04mg (2.24%), Vitamin B1: 0.02mg (1.51%), Manganese: 0.03mg (1.5%), Iron: 0.2mg (1.13%), Magnesium: 4.44mg (1.11%), Zinc: 0.17mg (1.11%), Potassium: 35.92mg (1.03%), Calcium: 10.27mg (1.03%), Selenium: 0.71µg (1.01%)