



Jumbo Shrimp Rolls with Sweet Soy Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



28

CALORIES



233 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 egg white lightly beaten
- 0.3 cup cilantro leaves fresh minced
- 2 garlic cloves minced
- 28 jumbo shrimp unpeeled
- 2 teaspoons curry paste red
- 28 servings soya sauce sweet
- 28 servings vegetable oil
- 28 won ton wrappers

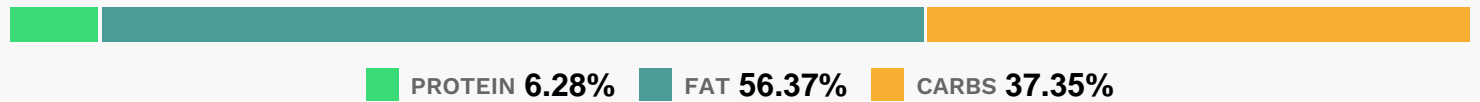
Equipment

- paper towels
- dutch oven

Directions

- Peel shrimp, leaving tails on; devein, if desired, and set aside.
- Combine cilantro, garlic, and red curry paste.
- Brush 1 side of each won ton wrapper with egg white. Spoon 1/4 teaspoon cilantro mixture in center of each wrapper. Top with one shrimp. Fold wrapper around shrimp; leave tail exposed, and press wrapper to seal.
- Pour oil to a depth of 3 inches in a Dutch oven; heat to 35
- Fry won tons in small batches 2 to 3 minutes or until golden, turning once.
- Drain on wire racks over paper towels.
- Serve with Sweet Soy Sauce.

Nutrition Facts



Properties

Glycemic Index:2.21, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.7073913048143%

Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 233.1kcal (11.66%), Fat: 14.34g (22.07%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 21.22g (7.72%), Sugar: 13.24g (14.71%), Cholesterol: 25.88mg (8.62%), Sodium: 481.99mg (20.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.19%), Vitamin K: 26.25µg (25%), Selenium: 8.28µg (11.83%), Vitamin E: 1.41mg (9.42%), Phosphorus: 55.43mg (5.54%), Vitamin B3: 0.77mg (3.83%), Vitamin B12: 0.22µg (3.74%), Manganese: 0.06mg (2.9%), Vitamin B1: 0.04mg (2.9%), Folate: 10.39µg (2.6%), Copper: 0.05mg (2.43%), Vitamin B2: 0.04mg (2.15%), Vitamin A: 102.96IU (2.06%), Vitamin B6: 0.04mg (1.87%), Iron: 0.31mg (1.74%), Zinc: 0.25mg (1.67%), Calcium: 15.38mg (1.54%), Magnesium: 6.11mg (1.53%)