

Mark's Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



10

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7.5 dashes chile-garlic sauce to taste sriracha® (such as)
- 0.3 cup green onion chopped to taste
- 1.3 cups mayonnaise
- 2.5 pounds shrimp deveined peeled
- 0.6 cup thai chili sauce sweet
- 2 cups vegetable oil for frying or as needed

Equipment

- bowl

paper towels

sauce pan

Directions

Stir mayonnaise and chili sauce together in a large bowl.

Add chile-garlic sauce and stir.

Spread cornstarch into a wide dish. Press shrimp into cornstarch to coat in a thin layer.

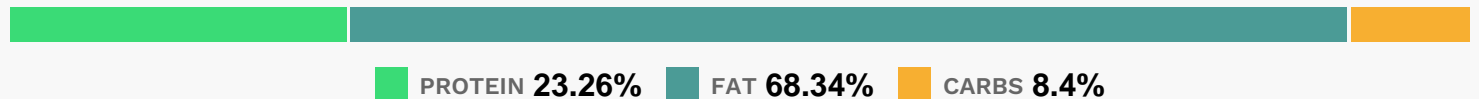
Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

Deep fry shrimp in batches until the meat is no longer transparent in the center, about 5 minutes per batch; drain on a paper towel-lined plate.

Combine mayonnaise sauce and shrimp in the large bowl; stir to coat shrimp in the sauce.

Line a bowl with lettuce leaves. Pile shrimp into bowl and garnish with green onion to serve.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:7.4595651850104%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 398.37kcal (19.92%), Fat: 30.34g (46.68%), Saturated Fat: 4.72g (29.51%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 8.2g (2.98%), Sugar: 7.97g (8.85%), Cholesterol: 194.33mg (64.78%), Sodium: 509.37mg (22.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.24g (46.47%), Vitamin K: 66.85µg (63.67%), Phosphorus: 249.48mg (24.95%), Copper: 0.45mg (22.54%), Vitamin E: 1.65mg (10.97%), Zinc: 1.57mg (10.48%), Magnesium: 40.47mg (10.12%), Potassium: 311.87mg (8.91%), Calcium: 76.61mg (7.66%), Iron: 0.69mg (3.82%), Manganese: 0.04mg (2.17%)