

Mark's Shrimp



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7.5 dashes chile-garlic sauce to taste sriracha® (such as)
- ☐ 0.5 cup cornstarch or as needed
- ☐ 0.3 cup green onion chopped to taste
- ☐ 4 lettuce leaves
- ☐ 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

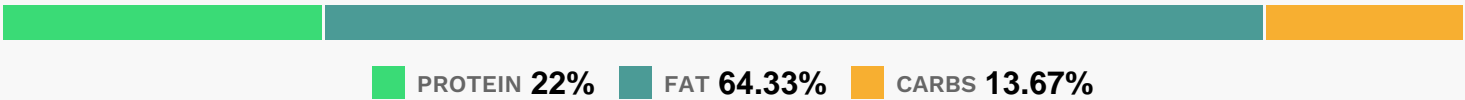
Equipment

- ☐ 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:-5, Nutrition Score:8.5217390500981%

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: 424.2kcal (21.21%), Fat: 30.35g (46.69%), Saturated Fat: 4.72g (29.51%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 14.17g (5.15%), Sugar: 8.06g (8.96%), Cholesterol: 194.33mg (64.78%), Sodium: 512.63mg (22.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.35g (46.7%), Vitamin K: 66.85µg (63.67%), Phosphorus: 253.09mg (25.31%), Copper: 0.45mg (22.7%), Vitamin A: 753.91IU (15.08%), Vitamin E: 1.67mg (11.16%), Zinc: 1.59mg (10.63%), Magnesium: 41.91mg (10.48%), Potassium: 330.69mg (9.45%), Calcium: 80.2mg (8.02%), Iron: 0.8mg (4.46%), Manganese: 0.08mg (3.78%), Vitamin C: 2.2mg (2.66%), Folate: 6.65µg (1.66%), Fiber: 0.34g

(1.38%), Selenium: 0.9µg (1.28%)