



## Monica's Japanese Garlic Dollop Shrimp

 Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon cayenne pepper
- ☐ 1 teaspoon curry powder
- ☐ 1 teaspoon basil dried
- ☐ 2 tablespoons onion dried minced
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground turmeric
- ☐ 16 jumbo shrimp deveined peeled
- ☐ 0.8 cup mayonnaise

- ☐ 2 tablespoons mirin
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup seasoned bread crumbs dry
- ☐ 2 tablespoons sesame oil
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 cup water

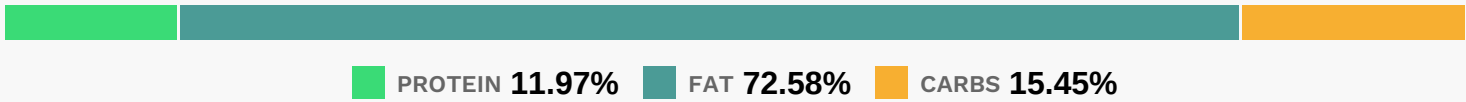
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Stir together the mayonnaise, soy sauce, mirin, minced garlic, dried minced onion, onion powder, curry powder, turmeric, basil, cayenne pepper, and salt in a bowl. Fold in the bread crumbs until evenly moistened. Cover, and refrigerate at least an hour.
- ☐ Cut each shrimp along the back and open the halves like a book.
- ☐ Place a hearty dollop of the mayonnaise mixture onto each shrimp, and spread over the top to completely cover.
- ☐ Heat the sesame oil in a large skillet over high heat until it begins to smoke.
- ☐ Place the shrimp in the pan, mayonnaise-side up, and add the water. Cover, and steam until the shrimp are no longer transparent, 2 1/2 to 3 minutes.

## Nutrition Facts



## Properties

Glycemic Index:34.25, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:15.306086908216%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 498.96kcal (24.95%), Fat: 40.42g (62.18%), Saturated Fat: 6.29g (39.29%), Carbohydrates: 19.36g (6.45%), Net Carbohydrates: 17.57g (6.39%), Sugar: 4.38g (4.86%), Cholesterol: 118.59mg (39.53%), Sodium: 1635.63mg (71.11%), Alcohol: 0.85g (100%), Alcohol %: 0.59% (100%), Protein: 15g (30%), Vitamin K: 82.53µg (78.6%), Selenium: 29µg (41.44%), Phosphorus: 259.98mg (26%), Vitamin E: 3.1mg (20.68%), Manganese: 0.39mg (19.53%), Vitamin B12: 0.99µg (16.52%), Vitamin A: 727.75IU (14.56%), Vitamin B3: 2.9mg (14.51%), Vitamin B6: 0.28mg (14.2%), Vitamin B1: 0.19mg (12.8%), Copper: 0.24mg (11.87%), Folate: 44.11µg (11.03%), Iron: 1.96mg (10.87%), Calcium: 96.57mg (9.66%), Magnesium: 37.4mg (9.35%), Zinc: 1.25mg (8.36%), Potassium: 252.45mg (7.21%), Fiber: 1.79g (7.17%), Vitamin B2: 0.12mg (6.9%), Vitamin B5: 0.49mg (4.94%), Vitamin C: 3.92mg (4.75%), Vitamin D: 0.16µg (1.09%)