



Pan-Fried Shrimp

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon baking soda
- 12 ounces pilsner beer chilled
- 6 tablespoons canola oil divided
- 1 tablespoon flat-leaf parsley leaves fresh finely chopped
- 0.5 cup flour all-purpose
- 0.3 teaspoon kosher salt
- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 0.8 cup rice flour

- 1.5 pounds shrimp deveined peeled

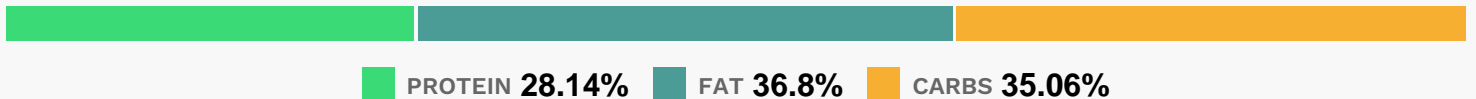
Equipment

- bowl
- frying pan
- paper towels
- knife
- whisk
- baking pan
- measuring cup

Directions

- Combine the first 3 ingredients in a shallow baking dish; toss to combine. Weigh or lightly spoon rice flour and all-purpose flour into dry measuring cups; level with a knife.
- Combine flours and baking soda in a large bowl, stirring with a whisk. Gradually add beer, stirring with a whisk until smooth.
- Heat a large skillet over medium-high heat.
- Add 3 tablespoons oil to pan; swirl to coat. Dip half of shrimp in batter; shake off excess. Dredge shrimp lightly in panko mixture.
- Place shrimp in a single layer in pan, and cook for 2 1/2 minutes on each side or until golden brown.
- Remove shrimp from pan; drain on paper towels. Repeat procedure with the remaining oil, shrimp, batter, and panko mixture.

Nutrition Facts



Properties

Glycemic Index:53.88, Glycemic Load:25.72, Inflammation Score:-5, Nutrition Score:15.783478285955%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 593.08kcal (29.65%), Fat: 23.25g (35.77%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 49.84g (16.61%), Net Carbohydrates: 47.99g (17.45%), Sugar: 1.02g (1.13%), Cholesterol: 273.86mg (91.29%), Sodium: 598.63mg (26.03%), Alcohol: 3.32g (100%), Alcohol %: 1.24% (100%), Protein: 40.01g (80.02%), Phosphorus: 447.52mg (44.75%), Copper: 0.77mg (38.53%), Manganese: 0.67mg (33.47%), Vitamin K: 32.41µg (30.87%), Vitamin E: 3.74mg (24.91%), Magnesium: 85.53mg (21.38%), Vitamin B1: 0.31mg (20.95%), Selenium: 14.12µg (20.17%), Zinc: 2.87mg (19.11%), Vitamin B3: 3.14mg (15.72%), Potassium: 546.51mg (15.61%), Calcium: 146.53mg (14.65%), Iron: 2.52mg (14%), Folate: 52.47µg (13.12%), Vitamin B6: 0.2mg (9.79%), Vitamin B2: 0.17mg (9.78%), Fiber: 1.85g (7.4%), Vitamin B5: 0.44mg (4.36%), Vitamin A: 84.24IU (1.68%), Vitamin C: 1.33mg (1.61%), Vitamin B12: 0.07µg (1.16%)