



Rock Shrimp with Spicy Creamy Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



694 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings endives for garnish
- ☐ 0.3 cup heavy whipping cream
- ☐ 1.5 cups ice water
- ☐ 0.5 cup real mayonnaise
- ☐ 4 servings onions crispy for garnish recommended: French's Original
- ☐ 1 pound rock shrimp
- ☐ 2 teaspoons szechuan seasoning
- ☐ 4 servings vegetable oil
- ☐ 2 cups tempura batter mix recommended: Hime

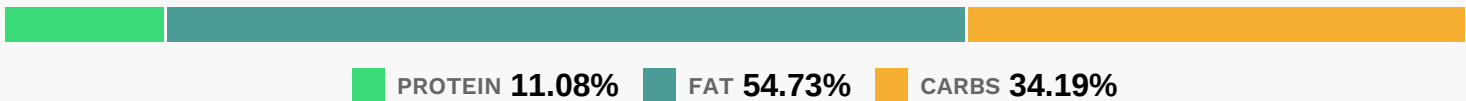
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ slotted spoon

Directions

- ☐ Add enough oil in skillet to come 2 inches up the side of the pan.
- ☐ Heat oil to 375 degrees F.
- ☐ In a small mixing bowl, whisk together mayonnaise, heavy cream and Szechuan seasoning.
- ☐ Once oil is heated, in a large bowl combine tempura mix and ice water.
- ☐ Mixture will be thick and lumpy. Working in batches, dip rock shrimp in batter (shaking off any excess) and add to oil. Fry for 2 to 4 minutes or until golden brown.
- ☐ Remove shrimp from oil and drain with a slotted spoon. Make sure oil temperature does not fall below 350 degrees F. Skim oil between batches.
- ☐ In a large bowl toss cooked shrimp in sauce until lightly coated.
- ☐ Serve warm on endive leaves. Top with french-fried onions.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.25, Inflammation Score:-6, Nutrition Score:15.666521766911%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 693.95kcal (34.7%), Fat: 41.62g (64.03%), Saturated Fat: 9.02g (56.4%), Carbohydrates: 58.49g (19.5%), Net Carbohydrates: 56.47g (20.54%), Sugar: 3.03g (3.36%), Cholesterol: 171.45mg (57.15%), Sodium: 980.92mg (42.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.96g (37.92%), Vitamin K: 87.74µg (83.57%), Selenium: 35.04µg (50.06%), Phosphorus: 311.06mg (31.11%), Vitamin E: 4.16mg (27.72%), Vitamin B12: 1.32µg (21.94%), Vitamin B6: 0.28mg (14.11%), Copper: 0.27mg (13.25%), Calcium: 128.15mg (12.82%), Manganese: 0.23mg (11.5%), Vitamin B3: 2.21mg (11.03%), Folate: 40.2µg (10.05%), Magnesium: 39.41mg (9.85%), Vitamin A: 484.29IU (9.69%), Zinc: 1.35mg (8.99%), Fiber: 2.01g (8.05%), Potassium: 261.33mg (7.47%), Iron: 1.34mg (7.44%), Vitamin B5: 0.53mg (5.29%), Vitamin C: 4.24mg (5.14%), Vitamin B2: 0.08mg (4.61%), Vitamin B1: 0.06mg (3.92%), Vitamin D: 0.41µg (2.72%)