



Salt and Pepper Shrimp

 Dairy Free

READY IN



32 min.

SERVINGS



6

CALORIES



3267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 egg yolks
- 4 cups flour all-purpose for dredging
- 2 tablespoons garlic shaved
- 2 tablespoons ginger shredded
- 1 bunch green onions sliced
- 6 servings kosher salt and pepper black freshly ground
- 6 servings serving suggestion: lemon wedges fresh
- 2 quarts vegetable oil; peanut oil preferred

- 1 jalapeno pepper sliced into rounds
- 2 pounds prawns with tail attached shelled deveined
- 4 cups soda water chilled

Equipment

- paper towels
- whisk
- mixing bowl
- wok

Directions

- Watch how to make this recipe.
- In a large wok, heat the oil over medium-high to 370 degrees F.
- Meanwhile, season 2 cups of the flour with salt and freshly ground black pepper. Dredge the shrimp in the seasoned flour.
- In a large mixing bowl, whisk the remaining 4 cups of flour with the egg yolks and soda water. Hold the shrimp by their tails dip them into the batter.
- Working in batches, fry the shrimp in the hot oil, turning them once, until they are golden brown, about 3 minutes per batch.
- Remove the shrimp from the oil and drain them on paper towels. While they are still hot, sprinkle the shrimp generously with salt and freshly ground black pepper.
- Transfer the shrimp to a serving tray.
- When the shrimp are cooked, carefully pour off all but 1/2 cup of the oil.
- Add the garlic, ginger, green onions and jalapeno and fry until crispy. Spoon the seasoning over the shrimp and serve immediately accompanied by lemon wedges.

Nutrition Facts

 **PROTEIN 4.98%**  **FAT 87.06%**  **CARBS 7.96%**

Properties

Glycemic Index:40.25, Glycemic Load:46.42, Inflammation Score:-7, Nutrition Score:24.40695664157%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 3267.16kcal (163.36%), Fat: 320.27g (492.72%), Saturated Fat: 54.75g (342.2%), Carbohydrates: 65.88g (21.96%), Net Carbohydrates: 63.33g (23.03%), Sugar: 0.48g (0.53%), Cholesterol: 373.03mg (124.34%), Sodium: 221.94mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.23g (82.46%), Vitamin E: 49.92mg (332.8%), Selenium: 35.41µg (50.58%), Phosphorus: 467.3mg (46.73%), Vitamin B1: 0.68mg (45.61%), Folate: 173.07µg (43.27%), Copper: 0.75mg (37.52%), Manganese: 0.72mg (35.85%), Iron: 5.24mg (29.12%), Vitamin B2: 0.48mg (28.39%), Vitamin B3: 4.98mg (24.92%), Zinc: 3.13mg (20.89%), Magnesium: 76.44mg (19.11%), Potassium: 540.9mg (15.45%), Calcium: 142.15mg (14.22%), Vitamin K: 11.31µg (10.77%), Fiber: 2.55g (10.21%), Vitamin B5: 0.75mg (7.53%), Vitamin B6: 0.12mg (5.97%), Vitamin D: 0.65µg (4.32%), Vitamin A: 214.84IU (4.3%), Vitamin B12: 0.23µg (3.9%), Vitamin C: 2.23mg (2.7%)