



Salt and Pepper Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



667 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon five-spice powder chinese
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon sea salt fine
- ☐ 1 lb shrimp in their shells
- ☐ 6 cups vegetable oil

Equipment

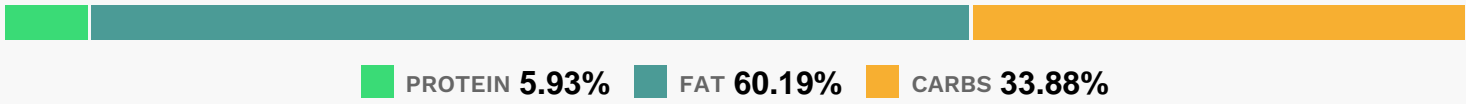
- ☐ bowl
- ☐ frying pan

- ☐ paper towels
- ☐ pot
- ☐ kitchen thermometer
- ☐ wok
- ☐ slotted spoon
- ☐ kitchen scissors

Directions

- ☐ Cut each shrimp shell lengthwise along back with scissors, leaving last segment intact, then devein shrimp, leaving shell in place.
- ☐ Cut off feathery legs and sharp pointed section of shell above soft tail fins. Rinse shrimp and dry thoroughly.
- ☐ Heat oil in a wok or deep heavy pot over high heat until it registers 400°F on deep-fat thermometer. Deep-fry shrimp in 4 batches until shells bubble and shrimp are bright pink, 45 to 60 seconds (they will be slightly undercooked), returning oil to 400°F between batches.
- ☐ Transfer with a slotted spoon to paper towels to drain.
- ☐ Carefully pour oil into a heatproof bowl (to cool before discarding), then wipe wok clean with paper towels.
- ☐ Stir together salt, pepper, and five-spice powder.
- ☐ Heat wok or a heavy skillet over moderate heat until hot but not smoking, then add deep-fried shrimp and spice mix and stir-fry 10 seconds.
- ☐ • You might wonder why we don't use the classic spice for this dish, Sichuan pepper. We'd love to, but the spice is currently banned by the USDA for import since it may carry a harmful citrus canker.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:22.72, Inflammation Score:-5, Nutrition Score:12.958695825999%

Nutrients (% of daily need)

Calories: 667.44kcal (33.37%), Fat: 44.8g (68.92%), Saturated Fat: 6.86g (42.89%), Carbohydrates: 56.72g (18.91%), Net Carbohydrates: 54.21g (19.71%), Sugar: 2.02g (2.24%), Cholesterol: 0mg (0%), Sodium: 295.31mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.87%), Vitamin K: 80.53µg (76.69%), Selenium: 47.8µg (68.29%), Manganese: 0.72mg (36.15%), Vitamin E: 3.65mg (24.34%), Phosphorus: 144.61mg (14.46%), Copper: 0.22mg (11.2%), Magnesium: 40.93mg (10.23%), Fiber: 2.51g (10.04%), Zinc: 1.09mg (7.24%), Vitamin B3: 1.3mg (6.49%), Iron: 1.13mg (6.3%), Vitamin B6: 0.11mg (5.5%), Potassium: 175.66mg (5.02%), Vitamin B1: 0.07mg (4.62%), Folate: 13.67µg (3.42%), Vitamin B5: 0.33mg (3.31%), Vitamin B2: 0.05mg (2.74%), Calcium: 18.95mg (1.89%)