



Shrimp Balls with Water Chestnuts and Spicy Soy Dipping Sauce

 Dairy Free

READY IN



50 min.

SERVINGS



30

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 ounce water chestnuts drained sliced coarsely chopped canned
- 2 tablespoons asian chile paste (sambal oelek)
- 2 tablespoons asian chile paste (sambal oelek)
- 2 tablespoons cornstarch
- 2 egg whites
- 3 tablespoons fish sauce
- 3 cloves garlic smashed finely chopped

- 4 cloves garlic smashed finely chopped
- 1 inch ginger grated
- 2 inch ginger grated
- 1 cup panko breadcrumbs
- 0.8 cup rice wine vinegar
- 4 scallions white green thinly sliced
- 6 scallions white green thinly sliced
- 3 tablespoons sesame oil
- 2 pounds shrimp deveined peeled
- 1.5 cups soya sauce
- 3 tablespoons soya sauce

Equipment

- food processor
- bowl
- oven
- whisk
- toothpicks
- skewers

Directions

- For the shrimp balls: Preheat the oven to 375 degrees F.
- Combine all the shrimp ball ingredients in a large bowl, except the panko breadcrumbs. Stir to thoroughly combine. Working in 3 batches, pulse the mix in a food processor until it becomes a coarse paste.
- Transfer each batch to a bowl. Do not overcrowd the processor bowl. When all the shrimp has been pulsed and transferred to a bowl, stir in the panko breadcrumbs until thoroughly combined.
- Working with wet hands, roll the mixture into 1-inch balls.
- Place the shrimp balls on a sheet tray and bake in the oven for 10 minutes.

- Combine all the ingredients in a bowl and whisk together to combine.
- Remove the shrimp balls from the oven.
- Serve warm on toothpicks or skewers with the dipping sauce on the side.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:3.971304329841%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 81.66kcal (4.08%), Fat: 1.72g (2.65%), Saturated Fat: 0.26g (1.66%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 7.14g (2.6%), Sugar: 1.61g (1.79%), Cholesterol: 48.69mg (16.23%), Sodium: 947.94mg (41.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.12%), Phosphorus: 96.89mg (9.69%), Copper: 0.19mg (9.43%), Vitamin K: 8.71µg (8.29%), Manganese: 0.16mg (7.98%), Magnesium: 23.6mg (5.9%), Iron: 0.99mg (5.52%), Vitamin B6: 0.11mg (5.42%), Potassium: 187.12mg (5.35%), Fiber: 1.23g (4.92%), Vitamin B3: 0.9mg (4.49%), Zinc: 0.66mg (4.4%), Calcium: 33.05mg (3.3%), Vitamin B2: 0.05mg (3.09%), Folate: 10.46µg (2.62%), Vitamin B1: 0.04mg (2.47%), Selenium: 1.62µg (2.32%), Vitamin C: 1.81mg (2.19%), Vitamin E: 0.23mg (1.52%), Vitamin B5: 0.13mg (1.26%)