



Shrimp Fritters

READY IN



45 min.

SERVINGS



18

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon double-acting baking powder
- 2 eggs beaten
- 1 cup flour all-purpose
- 1 tablespoon parsley fresh chopped
- 0.1 teaspoon hot sauce
- 0.3 cup milk
- 2 tablespoons onion finely chopped
- 0.3 teaspoon pepper
- 1 teaspoon salt

- 1 pound shrimp deveined cooked peeled chopped
- 18 servings tartar sauce
- 18 servings vegetable oil

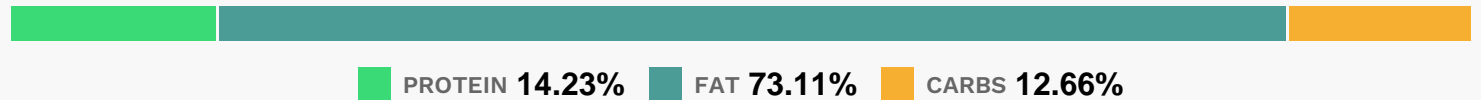
Equipment

- paper towels
- mixing bowl

Directions

- Combine flour, baking powder, salt, and pepper in a medium mixing bowl; stir in milk and eggs.
- Add shrimp, onion, parsley, and hot sauce; stir well to blend ingredients.
- Carefully drop batter by tablespoonfuls into deep hot oil (375); cook only a few at a time, turning once. Fry until fritters are golden brown.
- Drain well on paper towels.
- Serve hot with cocktail sauce or tartar sauce.

Nutrition Facts



Properties

Glycemic Index:16.44, Glycemic Load:3.98, Inflammation Score:-1, Nutrition Score:4.1278260816698%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 182.31kcal (9.12%), Fat: 14.94g (22.99%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 5.6g (2.04%), Sugar: 0.29g (0.32%), Cholesterol: 59.23mg (19.74%), Sodium: 198.68mg (8.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.08%), Vitamin K: 29.99µg (28.56%), Vitamin E: 1.22mg (8.14%), Phosphorus: 80.07mg (8.01%), Copper: 0.11mg (5.68%), Selenium: 3.94µg (5.62%), Vitamin B1: 0.06mg (3.95%), Folate: 15.61µg (3.9%), Calcium: 38.16mg (3.82%), Vitamin B2: 0.06mg (3.66%), Iron: 0.59mg (3.27%),

Manganese: 0.06mg (3.2%), Zinc: 0.47mg (3.13%), Magnesium: 11.74mg (2.93%), Potassium: 89.8mg (2.57%),
Vitamin B3: 0.42mg (2.11%), Vitamin B5: 0.12mg (1.21%), Vitamin A: 52.48IU (1.05%), Vitamin B12: 0.06µg (1.03%)