



Shrimp Fritters with Spicy Moroccan Dipping Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cornstarch
- ☐ 1 large eggs
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 4 teaspoons flour all-purpose
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1.5 teaspoons ginger fresh minced peeled
- ☐ 1 tablespoon mint leaves fresh chopped

- ☐ 1 cup leek thinly sliced (1 large)
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.5 teaspoon olive oil
- ☐ 2 teaspoons olive oil divided
- ☐ 0.5 cup panko breadcrumbs (Japanese)
- ☐ 24 gyoza skins
- ☐ 0.5 cup red wine
- ☐ 1 tablespoon rice vinegar
- ☐ 2 tablespoons shallots minced
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 1 teaspoon moroccan spice blend
- ☐ 1 tablespoon water
- ☐ 1 teaspoon water

Equipment

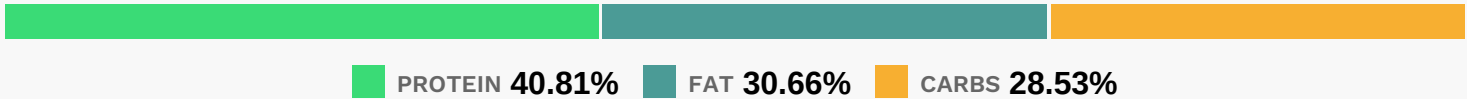
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add leek to pan; cook 4 minutes or until slightly tender.
- ☐ Add ginger; saut 1 minute.
- ☐ Remove leek mixture from pan; set aside. Wipe pan dry with a paper towel.
- ☐ Combine cilantro and mint in a small bowl.
- ☐ Cut each shrimp in half lengthwise.

- ☐ Place 2 shrimp halves, 2 teaspoons leek mixture, and 1/2 teaspoon cilantro mixture on 1 gyoza skin (cover remaining gyoza skins to prevent drying). Moisten edges of skin with water, and top with another gyoza skin. Repeat procedure with remaining shrimp halves, leek mixture, cilantro mixture, and gyoza skins (cover shrimp packets with a damp towel to prevent drying).
- ☐ Combine 1 tablespoon water and egg in a small bowl, stirring with a whisk.
- ☐ Place panko in a small bowl; place flour in another small bowl. Dip each shrimp packet in flour; dip in egg mixture, and dredge in panko.
- ☐ Place packets on a baking sheet.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add 6 packets to pan. Cook 3 minutes on each side or until browned; remove from pan. Repeat procedure with remaining 1 teaspoon oil and packets; wipe pan dry with a paper towel.
- ☐ To prepare dipping sauce, heat 1/2 teaspoon oil in pan.
- ☐ Add shallots; saut 3 minutes or until tender.
- ☐ Add 1 teaspoon Moroccan Spice Blend; cook 1 minute.
- ☐ Add red wine and vinegar, scraping bottom of pan to loosen browned bits; bring to a boil. Cook until reduce to 1/2 cup (about 3 minutes).
- ☐ Add broth and soy sauce, and cook until reduced to 1/2 cup (about 3 minutes).
- ☐ Combine cornstarch and 1 teaspoon water; add cornstarch mixture to pan. Cook 30 seconds or until slightly thickened, stirring constantly.
- ☐ Serve dipping sauce with fritters.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:2.34, Inflammation Score:-5, Nutrition Score:9.4647826370986%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg

Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg
Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Eriodictyol: 0.39mg, Eriodictyol:
0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg,
Hesperetin: 0.32mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin:
0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg,
Luteolin: 0.17mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg
Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.17mg, Myricetin:
0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg,
Quercetin: 0.38mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 212.61kcal (10.63%), Fat: 6.49g (9.99%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 13.59g (4.53%), Net
Carbohydrates: 11.94g (4.34%), Sugar: 2.13g (2.37%), Cholesterol: 143.49mg (47.83%), Sodium: 720mg (31.3%),
Alcohol: 3.18g (100%), Alcohol %: 1.94% (100%), Protein: 19.45g (38.89%), Phosphorus: 199.49mg (19.95%), Vitamin
K: 20.63µg (19.65%), Manganese: 0.39mg (19.26%), Copper: 0.31mg (15.7%), Iron: 2.39mg (13.3%), Magnesium:
46.6mg (11.65%), Selenium: 7.81µg (11.16%), Folate: 42.24µg (10.56%), Vitamin A: 523.02IU (10.46%), Calcium:
103.91mg (10.39%), Potassium: 345.94mg (9.88%), Vitamin B2: 0.15mg (8.98%), Zinc: 1.26mg (8.37%), Vitamin B1:
0.12mg (8.05%), Vitamin B6: 0.15mg (7.6%), Fiber: 1.65g (6.6%), Vitamin E: 0.97mg (6.45%), Vitamin B3: 1.21mg
(6.03%), Vitamin C: 3.6mg (4.36%), Vitamin B5: 0.39mg (3.91%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.25µg
(1.67%)