



Shrimp Toast

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



3004 kcal

Ingredients

- ☐ 2 quarts canola oil
- ☐ 0.3 cup cilantro leaves loosely packed
- ☐ 2 teaspoons cornstarch
- ☐ 1 egg whites
- ☐ 1 clove garlic grated
- ☐ 6 servings kosher salt
- ☐ 4 spring onion finely sliced
- ☐ 2 teaspoons sesame oil
- ☐ 0.5 cup sesame seed toasted

- ☐ 0.5 pound shrimp deveined peeled
- ☐ 2 teaspoons soya sauce
- ☐ 8 slices sandwich bread split

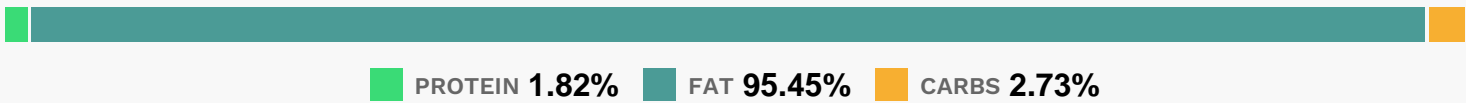
Equipment

- ☐ food processor
- ☐ paper towels
- ☐ knife
- ☐ mixing bowl
- ☐ kitchen thermometer
- ☐ wok
- ☐ dutch oven

Directions

- ☐ Combine shrimp, egg, soy sauce, scallions, cornstarch, cilantro, sesame oil, and garlic in the bowl of a food processor. Pulse until extremely finely minced. Alternatively, chop shrimp by hand with a knife until extremely finely minced, then fold in remaining ingredients in a medium mixing bowl.
- ☐ Spread mixture evenly over one side of each piece of bread. Dip shrimp side into sesame seeds to coat if desired.
- ☐ Heat oil in a wok or dutch oven to 325°F (use a thermometer). Carefully transfer half of toasts to the oil, shrimp side-down. Cook until golden brown, about 2 minutes, adjusting flame as necessary to maintain heat, then carefully flip toast and cook until second side is golden brown, about 1 minute longer.
- ☐ Transfer to paper towel-lined plate and repeat with remaining toasts. Season with salt and serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.46, Glycemic Load:12.38, Inflammation Score:-7, Nutrition Score:19.832173837916%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 3003.93kcal (150.2%), Fat: 324.41g (499.1%), Saturated Fat: 24.59g (153.7%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 18.36g (6.68%), Sugar: 2.08g (2.32%), Cholesterol: 60.86mg (20.29%), Sodium: 520.9mg (22.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.81%), Vitamin E: 55.39mg (369.25%), Vitamin K: 243.8µg (232.19%), Copper: 0.71mg (35.67%), Manganese: 0.55mg (27.63%), Calcium: 224.39mg (22.44%), Phosphorus: 204.66mg (20.47%), Selenium: 13.19µg (18.85%), Iron: 3.33mg (18.5%), Vitamin B1: 0.28mg (18.34%), Magnesium: 69.38mg (17.34%), Folate: 55.23µg (13.81%), Zinc: 1.82mg (12.13%), Vitamin B3: 2.29mg (11.44%), Fiber: 2.5g (10%), Vitamin B2: 0.14mg (8.46%), Vitamin B6: 0.15mg (7.29%), Potassium: 237.3mg (6.78%), Vitamin A: 126.25IU (2.53%), Vitamin C: 1.84mg (2.23%), Vitamin B5: 0.21mg (2.15%)