



Spicy Alaskan Spot Prawns with Fried Basil



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cup basil leaves packed
- ☐ 2 tablespoon chili powder
- ☐ 1 cup flour all-purpose
- ☐ 6 clove garlic thinly sliced
- ☐ 1 teaspoon kosher salt plus more for seasoning
- ☐ 0.3 cup olive oil as needed plus more
- ☐ 1 orange zest
- ☐ 1 teaspoon freshly cracked pepper black plus more for seasoning

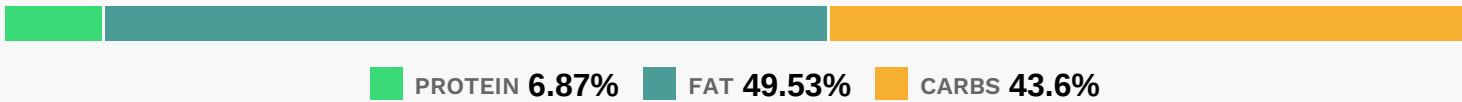
Equipment

☐ frying pan

Directions

- ☐ Combine the ingredients and set aside in container. Peel the prawns but leave the tails intact. Season liberally with salt and pepper. Dredge the shrimp in the flour mixture until well coated; then shake them to remove the excess. Set a large cast iron or non stick skillet over medium-high heat.
- ☐ Add olive oil to the skillet and heat it until nearly smoking.
- ☐ Lay some shrimp into the pan in a single layer.
- ☐ Let the prawns begin to caramelize, about 1 ½ minutes then turn them over and cook an additional minute or so. Move them to a serving plate as they cook. Work in batches if necessary, add more olive oil to the already hot saute pan as needed.
- ☐ Add sliced garlic, stirring it around in the oil until lightly browned.
- ☐ Add chiles and let them get soft.
- ☐ Add the basil and stand back as it will pop and sputter.
- ☐ Let it get crisp, less than a minute, then turn the heat off.
- ☐ Add the orange zest to the saute pan. Season with salt and pepper, then spoon this mixture over the prawns.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:8.91, Inflammation Score:-6, Nutrition Score:6.6878260374069%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg,

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 129kcal (6.45%), Fat: 7.25g (11.15%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 12.87g (4.68%), Sugar: 0.23g (0.25%), Cholesterol: 0mg (0%), Sodium: 324.65mg (14.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.53%), Vitamin K: 31.57µg (30.07%), Vitamin A: 917.37IU (18.35%), Manganese: 0.28mg (13.98%), Vitamin E: 1.8mg (12%), Vitamin B1: 0.14mg (9.08%), Selenium: 6.07µg (8.67%), Folate: 33.79µg (8.45%), Iron: 1.38mg (7.64%), Vitamin B3: 1.24mg (6.2%), Vitamin B2: 0.1mg (6.17%), Fiber: 1.48g (5.93%), Vitamin C: 3.84mg (4.65%), Vitamin B6: 0.09mg (4.47%), Copper: 0.08mg (3.86%), Phosphorus: 30.39mg (3.04%), Magnesium: 11.59mg (2.9%), Calcium: 27.41mg (2.74%), Potassium: 89.07mg (2.54%), Zinc: 0.28mg (1.85%), Vitamin B5: 0.12mg (1.23%)