



Spicy Curried Fried Shrimp

READY IN



15 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups baking mix all-purpose
- 4 servings minted mango dipping sauce
- 4 servings canola oil
- 1.5 teaspoons garam masala
- 1 teaspoon coarsely ground pepper
- 2 pounds shrimp deveined peeled
- 0.3 cup sesame seed
- 4 servings spicy yogurt marinade

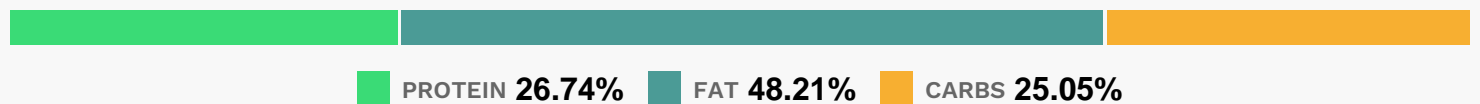
Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- wire rack
- baking pan
- aluminum foil

Directions

- Place shrimp in a 13- x 9-inch baking dish; pour Spicy Yogurt Marinade over shrimp, turning to coat. Cover and chill at least 3 hours or overnight, turning occasionally.
- Remove shrimp from marinade, and place on a wire rack on an aluminum foil-lined baking sheet; let stand 10 minutes.
- Stir together baking mix and next 3 ingredients in a large bowl; toss shrimp in mixture until coated, shaking off excess. Repeat coating process. Return shrimp to rack; let stand 15 minutes.
- Pour oil to a depth of 1 inch in a large, heavy skillet; heat to 35
- (Temperature will reduce as shrimp are added. For best results, keep temperature between 300 and 325.) Fry shrimp, in batches, at 350 for 3 minutes or until golden; drain on paper towels.
- Serve with Minted Mango Dipping Sauce.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:27.801304493261%

Nutrients (% of daily need)

Calories: 555.6kcal (27.78%), Fat: 29.58g (45.5%), Saturated Fat: 3.97g (24.83%), Carbohydrates: 34.58g (11.53%), Net Carbohydrates: 31.89g (11.6%), Sugar: 5.66g (6.29%), Cholesterol: 286.79mg (95.6%), Sodium: 1870.62mg (81.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.92g (73.84%), Selenium: 74.87µg (106.95%), Phosphorus: 897.2mg (89.72%), Copper: 1mg (49.99%), Vitamin B12: 2.7µg (44.94%), Vitamin E: 5.55mg (36.98%), Vitamin B3: 6.65mg (33.27%), Calcium: 328.65mg (32.86%), Manganese: 0.59mg (29.57%), Folate: 111.64µg (27.91%), Vitamin B1: 0.4mg (26.94%), Magnesium: 106.13mg (26.53%), Vitamin B6: 0.5mg (25.03%), Zinc: 3.45mg (23.01%), Iron: 3.6mg (19.98%), Vitamin B2: 0.26mg (15.55%), Vitamin K: 14.43µg (13.74%), Potassium: 398.64mg (11.39%), Vitamin B5: 1.12mg (11.2%), Fiber: 2.7g (10.78%), Vitamin A: 417.12IU (8.34%), Vitamin D: 0.23µg (1.52%)