



## Spicy Curried Fried Shrimp

 Gluten Free

READY IN



225 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup yogurt plain
- 2 teaspoons curry powder red
- 1 clove garlic finely chopped
- 0.8 teaspoon ground ginger
- 0.5 teaspoon salt
- 2 lb shrimp deveined uncooked peeled
- 0.3 cup sesame seed
- 1.5 teaspoons garam masala

- 1 teaspoon pepper black
- 1 serving canola oil for frying
- 1 serving fruit cocktail
- 1.5 cups frangelico

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- aluminum foil
- glass baking pan

## Directions

- In 13x9-inch (3-quart) glass baking dish, mix all marinade ingredients.
- Add shrimp; turn to coat. Cover; refrigerate at least 3 hours or overnight, turning occasionally.
- Line cookie sheet with foil.
- Remove shrimp from marinade; discard marinade.
- Place shrimp on rack on cookie sheet; let stand 10 minutes.
- In large bowl, stir together Bisquick mix, sesame seed, garam masala and pepper. Toss shrimp in mixture until coated, shaking off excess. Repeat coating process. Return shrimp to rack; let stand 15 minutes. In large heavy skillet, heat 1 inch oil to 350°F. (Temperature will reduce as shrimp are added. For best results, keep temperature between 300°F and 325°F. Carefully drop shrimp, in batches, into hot oil. Fry 3 minutes or until golden; drain on paper towels.
- Serve with cocktail sauce.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:1.22, Inflammation Score:-6, Nutrition Score:23.731738875742%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 286.22kcal (14.31%), Fat: 11.46g (17.63%), Saturated Fat: 2.51g (15.66%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 7.49g (2.72%), Sugar: 2.98g (3.31%), Cholesterol: 293.73mg (97.91%), Sodium: 1605.28mg (69.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.61g (71.22%), Selenium: 73.29µg (104.7%), Phosphorus: 696.28mg (69.63%), Copper: 0.95mg (47.39%), Vitamin B12: 2.74µg (45.73%), Calcium: 327.43mg (32.74%), Manganese: 0.62mg (31.05%), Magnesium: 105.53mg (26.38%), Vitamin B6: 0.51mg (25.41%), Zinc: 3.6mg (24%), Vitamin B3: 4.73mg (23.63%), Vitamin E: 3.41mg (22.74%), Iron: 2.76mg (15.33%), Folate: 61.21µg (15.3%), Potassium: 440.03mg (12.57%), Vitamin B1: 0.17mg (11.12%), Vitamin A: 483.29IU (9.67%), Vitamin B5: 0.96mg (9.61%), Vitamin B2: 0.16mg (9.24%), Fiber: 2.15g (8.58%), Vitamin K: 3.14µg (2.99%), Vitamin D: 0.29µg (1.92%)