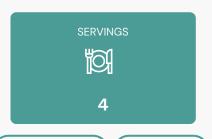


Spicy Curried Fried Shrimp

Gluten Free







LUNCH) (I

MAIN COURSE

MAIN DISH

DINNER

Ingredients

r cup yogurt plain
2 teaspoons curry powder red
1 clove garlic finely chopped
O.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	
	PROTEIN 50.14% FAT 36.3% CARBS 13.56%

Properties

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, 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: Og (100%), Alcohol %: O% (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%)