



Spicy Shrimp with Bang Bang Sauce

 Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ginger tea bags reynolds®
- 0.3 cup olive oil
- 2 tablespoons juice of lemon fresh
- 1 tablespoon worcestershire sauce
- 1 tablespoon flour
- 2 teaspoons seafood seasoning
- 2 cloves garlic minced
- 1 pound shrimp raw peeled

- 0.3 cup mayonnaise
- 1 tablespoon chilli sauce sweet
- 2 teaspoons sriracha hot
- 6 the of 1 cos lettuce
- 1 cup potato chips crushed
- 3 spring onion sliced

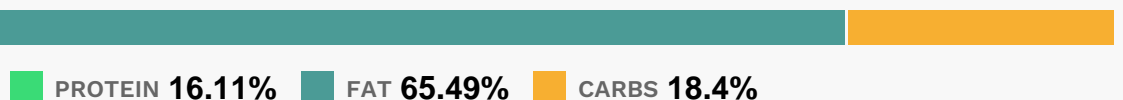
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat to 350°F.
- Place Reynolds® Oven Bag in 13x9x2-inch pan.
- Add olive oil, lemon juice, Worcestershire sauce, flour, seafood seasoning and minced garlic to oven bag. Gently squeeze several times to blend.
- Add shrimp to oven bag; turn bag several times to coat shrimp with sauce. Arrange shrimp in an even layer. CLOSE bag with nylon tie. Refrigerate 30 minutes.
- Make Bang Bang Sauce while shrimp is marinating: MIX mayonnaise, sweet chili sauce and hot chili sauce in a small bowl; set aside.
- Remove shrimp from refrigerator. CUT six 1/2-inch slits in top of bag. Tuck ends of bag in pan.
- Bake 10 minutes or until shrimp turns pink and is done.
- Place lettuce on appetizer plates. Carefully cut bag open; spoon shrimp over lettuce. Top with crushed potato chips; drizzle with Bang Bang Sauce.
- Garnish with green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:1.35, Inflammation Score:-10, Nutrition Score:23.266956471879%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 444.15kcal (22.21%), Fat: 32.64g (50.21%), Saturated Fat: 4.41g (27.59%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 18.61g (6.77%), Sugar: 3.58g (3.98%), Cholesterol: 148.76mg (49.59%), Sodium: 999.04mg (43.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.06g (36.12%), Vitamin K: 105.84µg (100.8%), Vitamin A: 3994.65IU (79.89%), Selenium: 35.59µg (50.84%), Vitamin E: 6.25mg (41.64%), Phosphorus: 337.47mg (33.75%), Folate: 98.1µg (24.53%), Vitamin B12: 1.28µg (21.26%), Vitamin B6: 0.37mg (18.62%), Manganese: 0.36mg (18.14%), Vitamin B3: 3.4mg (16.99%), Potassium: 574.12mg (16.4%), Vitamin C: 13.5mg (16.36%), Copper: 0.31mg (15.61%), Vitamin B5: 1.39mg (13.95%), Magnesium: 50.29mg (12.57%), Calcium: 105.41mg (10.54%), Zinc: 1.56mg (10.4%), Iron: 1.86mg (10.34%), Vitamin B1: 0.13mg (8.69%), Fiber: 2.02g (8.1%), Vitamin B2: 0.09mg (5.58%)