



Spicy Shrimp with Bang Bang Sauce

 Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon flour
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup olive oil
- ☐ 1 cup potato chips crushed
- ☐ 1 pound shrimp raw peeled
- ☐ 6 the of 1 cos lettuce

- ☐ 2 teaspoons seafood seasoning
- ☐ 2 teaspoons sriracha hot
- ☐ 1 ginger tea bags reynolds®
- ☐ 1 tablespoon chilli sauce sweet
- ☐ 1 tablespoon worcestershire sauce

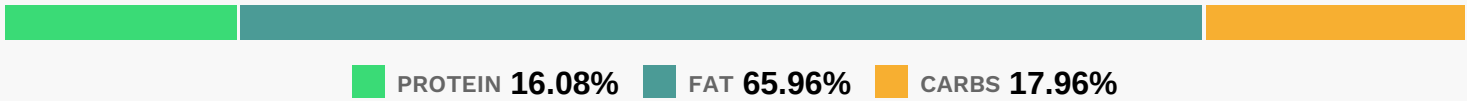
Equipment

- ☐ 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:38.75, Glycemic Load:1.21, Inflammation Score:-10, Nutrition Score:22.001304292161%

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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 441.27kcal (22.06%), Fat: 32.62g (50.19%), Saturated Fat: 4.41g (27.57%), Carbohydrates: 19.98g (6.66%), Net Carbohydrates: 18.19g (6.61%), Sugar: 3.37g (3.75%), Cholesterol: 148.76mg (49.59%), Sodium: 997.6mg (43.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.8%), Vitamin K: 87.21µg (83.06%), Vitamin A: 3904.92IU (78.1%), Selenium: 35.54µg (50.77%), Vitamin E: 6.2mg (41.31%), Phosphorus: 334.14mg (33.41%), Folate: 92.34µg (23.09%), Vitamin B12: 1.28µg (21.26%), Vitamin B6: 0.37mg (18.34%), Manganese: 0.35mg (17.42%), Vitamin B3: 3.35mg (16.76%), Potassium: 549.28mg (15.69%), Copper: 0.3mg (15.24%), Vitamin C: 11.81mg (14.31%), Vitamin B5: 1.39mg (13.88%), Magnesium: 48.49mg (12.12%), Zinc: 1.53mg (10.17%), Calcium: 98.93mg (9.89%), Iron: 1.73mg (9.6%), Vitamin B1: 0.13mg (8.36%), Fiber: 1.79g (7.16%), Vitamin B2: 0.09mg (5.15%)