



Thai Shrimp Cakes with Sweet Chili Sauce



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



4598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 cups breadcrumbs japanese-style
- ☐ 3 cilantro leaves
- ☐ 2 tablespoons garlic clove minced peeled
- ☐ 1 teaspoon pepper white
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 pounds shrimp cold peeled
- ☐ 2 quarts vegetable oil

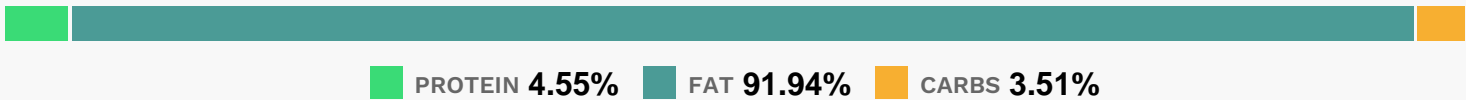
Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ kitchen thermometer
- ☐ wok
- ☐ dutch oven

Directions

- ☐ Add shrimp garlic, salt, cilantro, white pepper, and baking powder to bowl of food processor. Pulse until smooth paste is formed, scraping down sides of bowl as necessary. Run processor continuously until mixture becomes smooth and sticky, about 15 seconds.
- ☐ Transfer shrimp mixture to a large bowl and refrigerate it for at least 10 minutes.
- ☐ Place bread crumbs in a shallow pie plate.
- ☐ Heat oil in a Dutch oven or wok to 325°F as registered on an instant read or deep-frying thermometer.
- ☐ Roughly divide the shrimp mixture in the bowl into four equal portions. Divide each portion again into four portions to form 16 equal piles.
- ☐ Form each portion of shrimp mixture into a patty about 3 1/2 inches in diameter.
- ☐ Roll each patty in the bread crumbs and gently lower it into the hot oil. The shrimp cakes puff up quite considerably in the oil, so make sure you don't overcrowd your frying vessel.
- ☐ Flip the shrimp cakes over a few times while they're frying. Once they're golden brown, fish them out onto a paper towel-lined plate.
- ☐ Serve the shrimp cakes immediately with Thai sweet chili sauce.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:26.385217231253%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 4597.54kcal (229.88%), Fat: 477.23g (734.21%), Saturated Fat: 73.05g (456.56%), Carbohydrates: 41.01g (13.67%), Net Carbohydrates: 38.32g (13.93%), Sugar: 3.4g (3.78%), Cholesterol: 365.14mg (121.71%), Sodium: 1697.62mg (73.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.13g (106.27%), Vitamin K: 878.45µg (836.62%), Vitamin E: 38.79mg (258.6%), Phosphorus: 615.03mg (61.5%), Copper: 1.05mg (52.26%), Vitamin B1: 0.53mg (35.42%), Calcium: 342.22mg (34.22%), Manganese: 0.67mg (33.41%), Magnesium: 104.87mg (26.22%), Zinc: 3.88mg (25.89%), Iron: 4.22mg (23.45%), Potassium: 729.28mg (20.84%), Selenium: 14.21µg (20.3%), Vitamin B3: 3.63mg (18.14%), Folate: 58.88µg (14.72%), Vitamin B2: 0.23mg (13.24%), Fiber: 2.69g (10.76%), Vitamin B6: 0.12mg (5.88%), Vitamin B5: 0.33mg (3.3%), Vitamin B12: 0.19µg (3.15%), Vitamin C: 1.76mg (2.13%), Vitamin A: 101.58IU (2.03%)