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Louisiana Fried Shrimp ·

Louisiana Fried Shrimp is a popular seafood dish in Louisiana. It is made by coating shrimp in a seasoned flour mixture and deep frying until golden and crispy. The dish is typically served with a spicy remoulade sauce and is often enjoyed as an appetizer or main course. The recipe has roots in Cajun and Creole cuisine and is known for its bold flavors and rich, indulgent taste.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Shrimp
150 g	all-purpose flour
150 g	cornmeal
10 g	cajun seasoning

5 g	Salt
5 g	Black pepper
5 g	Paprika
5 g	Garlic powder
5 g	Onion powder
2 g	Cayenne pepper
1 g	Egg
60 ml	Milk
500 ml	vegetable oil

Directions

Step 1

Mixing

In a bowl, combine the all-purpose flour, cornmeal, Cajun seasoning, salt, black pepper, paprika, garlic powder, onion powder, and cayenne pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In another bowl, beat the egg and milk together.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Coating

Dip the shrimp in the egg mixture, then coat them in the seasoned flour mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Heating

In a large skillet, heat the vegetable oil over medium-high heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Frying

Fry the coated shrimp in the hot oil until golden brown and crispy, about 2-3 minutes per side.

Prep Time: 0 mins

Cook Time: 6 mins

Step 6

Draining

Remove the shrimp from the skillet and drain on a paper towel-lined plate.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the Louisiana Fried Shrimp hot with remoulade sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	180 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Microwave

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Brunch

Supper

Events

Picnic

Course

Appetizers

Main Dishes

Sauces & Dressings

Cooking Method

Baking

Steaming

Simmering

Cutting

Cut

Plating

Difficulty Level

Easy

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