

# Shrimp Toast

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-toast-recipe>

## Ingredients:

- 1/2 pound shrimp peeled and de-veined
- 1 egg
- 1 pinch salt
- 2 scallions finely chopped
- 5 slices crusts white bread, removed and cut into triangles, 4 triangles per slice of bread
- 1 cup bread crumbs
- oil for frying

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 140 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 1 grams
8. Sodium: 360 milligrams
9. Sugar: 1 grams

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