

# Bayou Fried Shrimp

Yield: 7 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-fried-shrimp-recipe>

## Ingredients:

- 3 pounds shrimp large raw, peeled, tails intact
- 2 cups milk preferably whole
- 1 large egg
- 1 tablespoon yellow mustard prepared, optional
- 1 teaspoon Cajun seasoning such as Tony Chachere's
- 12 ounces fry mix
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- 2 cups cornmeal
- peanut
- canola
- vegetable oil

## Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 103 grams
3. Cholesterol: 355 milligrams
4. Fat: 21 grams
5. Fiber: 6 grams
6. Protein: 58 grams
7. SaturatedFat: 3 grams
8. Sodium: 1540 milligrams
9. Sugar: 5 grams

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