



Baked Coconut Shrimp

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 2 large egg whites
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon honey
- ☐ 1 orange zest juiced
- ☐ 6 tablespoons panko breadcrumbs plain
- ☐ 1 pinch pepper flakes red crushed
- ☐ 2 teaspoons rice vinegar

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 pound shrimp dry deveined peeled tails left on
- ☐ 0.5 cup coconut or unsweetened flaked

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 450 degrees F. Spray a baking sheet with nonstick spray.
- ☐ To make the dipping sauce: Toast the curry and red pepper flakes in a saucepan over medium heat, about 1 minute.
- ☐ Add the honey, vinegar and orange juice and zest. Bring to a simmer, stirring occasionally, until the sauce is heated through, 1 to 2 minutes.
- ☐ Remove from the heat and set aside.
- ☐ Combine the coconut, panko and flour in a bowl or baking dish. Beat the egg whites in a medium bowl until slightly frothy.
- ☐ Sprinkle the shrimp with salt and pepper.
- ☐ Add to the egg whites and toss to coat. Lift each shrimp from the egg whites, letting the excess drip off the shrimp, and then coat in the crumb mixture, pressing to adhere.
- ☐ Place the shrimp on the baking sheet in a single layer. Lightly spray with nonstick spray.
- ☐ Bake until the shrimp are golden on the outside and opaque in the center, 8 to 10 minutes.
- ☐ Serve with the dipping sauce.

Nutrition Facts



 **PROTEIN 39.99%**  **FAT 26.93%**  **CARBS 33.08%**

Properties

Glycemic Index:35.71, Glycemic Load:3.59, Inflammation Score:-1, Nutrition Score:6.7978260504163%

Nutrients (% of daily need)

Calories: 184.14kcal (9.21%), Fat: 5.6g (8.61%), Saturated Fat: 4.27g (26.66%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 13.4g (4.87%), Sugar: 4.11g (4.57%), Cholesterol: 121.71mg (40.57%), Sodium: 184.82mg (8.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.4%), Phosphorus: 200.57mg (20.06%), Copper: 0.39mg (19.64%), Manganese: 0.37mg (18.46%), Selenium: 7.42µg (10.6%), Magnesium: 40.74mg (10.18%), Zinc: 1.36mg (9.05%), Vitamin B1: 0.13mg (8.95%), Potassium: 292.48mg (8.36%), Fiber: 2.07g (8.27%), Iron: 1.44mg (7.98%), Calcium: 75.48mg (7.55%), Vitamin B2: 0.12mg (6.98%), Folate: 19.84µg (4.96%), Vitamin B3: 0.98mg (4.88%), Vitamin C: 2.88mg (3.49%), Vitamin B6: 0.04mg (2.22%), Vitamin B5: 0.16mg (1.63%), Vitamin K: 1.21µg (1.15%)