



Baked Coconut Shrimp

 Dairy Free

READY IN



40 min.

SERVINGS



31

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup apricot preserves
- 2 tablespoons brown sugar packed
- 2 tablespoons butter melted
- 1 cup coconut or shredded
- 1 eggs
- 0.3 cup flour all-purpose
- 0.5 teaspoon ground mustard
- 1 Dash ground pepper red (cayenne)

- 1 tablespoon juice of lime
- 0.3 teaspoon salt
- 1 lb shrimp frozen thawed deveined uncooked peeled (31 to 35)

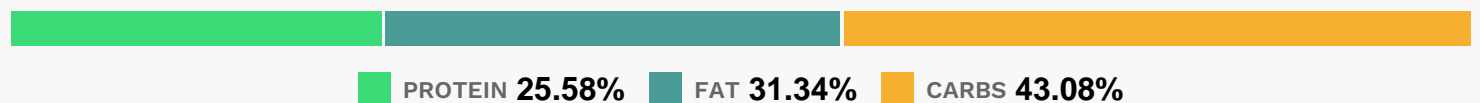
Equipment

- bowl
- sauce pan
- oven
- broiler pan

Directions

- In 1-quart saucepan, mix apricot preserves, 1 tablespoon lime juice and the mustard. Cook over low heat, stirring occasionally, just until preserves are melted. Refrigerate while making shrimp.
- Move oven rack to lowest position.
- Heat oven to 425F. Spray rack in broiler pan with cooking spray.
- In shallow bowl, mix flour, brown sugar, salt and red pepper. In another shallow bowl, beat egg and 1 tablespoon lime juice. In third shallow bowl, place coconut.
- Coat each shrimp with flour mixture, then dip each side into egg mixture and coat well with coconut.
- Place on rack in broiler pan.
- Drizzle with butter.
- Bake 7 to 8 minutes or until shrimp are pink and firm and coating is beginning to brown.
- Serve with preserves mixture.

Nutrition Facts



Properties

Glycemic Index:3.77, Glycemic Load:0.57, Inflammation Score:-1, Nutrition Score:1.1904347825633%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 50.85kcal (2.54%), Fat: 1.84g (2.82%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 5.39g (1.96%), Sugar: 3.41g (3.79%), Cholesterol: 28.84mg (9.61%), Sodium: 49.76mg (2.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Phosphorus: 38.88mg (3.89%), Copper: 0.08mg (3.87%), Manganese: 0.05mg (2.73%), Selenium: 1.23µg (1.76%), Magnesium: 6.83mg (1.71%), Zinc: 0.26mg (1.71%), Potassium: 57.54mg (1.64%), Iron: 0.25mg (1.38%), Calcium: 12.9mg (1.29%), Fiber: 0.28g (1.13%), Vitamin A: 53.3IU (1.07%)