



WHATSheATE



Beer Batter Coconut Shrimp



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup beer
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined uncooked peeled
- ☐ 2 cups coconut or sweetened flaked
- ☐ 1 cup vegetable oil for frying

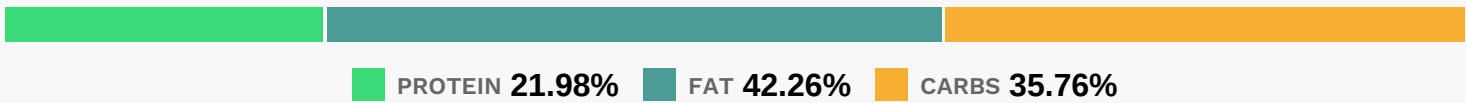
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat flour, beer, egg, and salt in a bowl with an electric mixer on low until batter is smooth.
- ☐ Spread coconut flakes in a shallow dish.
- ☐ Dip shrimp into beer batter, shaking off excess, then press into coconut.
- ☐ Place shrimp onto a plate while breading the rest; do not stack.
- ☐ Heat vegetable oil in a skillet over medium-high heat until hot but not smoking, 3 to 4 minutes. Fry about a third of the shrimp in the hot oil until golden brown, 2 to 3 minutes. Allow shrimp to drain on a wire rack set over paper towels. Repeat with remaining shrimp.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:17.82, Inflammation Score:-4, Nutrition Score:13.939999880998%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 535.08kcal (26.75%), Fat: 24.87g (38.27%), Saturated Fat: 13.44g (83.98%), Carbohydrates: 47.35g (15.78%), Net Carbohydrates: 42.3g (15.38%), Sugar: 15.77g (17.52%), Cholesterol: 229.07mg (76.36%), Sodium: 566.7mg (24.64%), Alcohol: 1.53g (100%), Alcohol %: 0.66% (100%), Protein: 29.11g (58.21%), Phosphorus: 349.18mg (34.92%), Manganese: 0.67mg (33.28%), Copper: 0.63mg (31.25%), Selenium: 21.51µg (30.73%), Fiber: 5.05g (20.2%), Vitamin K: 20.18µg (19.22%), Magnesium: 72.11mg (18.03%), Vitamin B1: 0.26mg (17.24%), Folate: 66.7µg

(16.67%), Iron: 2.91mg (16.18%), Zinc: 2.21mg (14.71%), Potassium: 514.16mg (14.69%), Vitamin B2: 0.23mg (13.39%), Vitamin B3: 2.35mg (11.76%), Calcium: 90.69mg (9.07%), Vitamin E: 1.04mg (6.94%), Vitamin B5: 0.4mg (4.04%), Vitamin B6: 0.07mg (3.29%), Vitamin B12: 0.12µg (1.99%), Vitamin D: 0.25µg (1.67%), Vitamin A: 67.5IU (1.35%)