



## Caribbean Coconut Shrimp

 Dairy Free

READY IN



17 min.

SERVINGS



17

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 tsp allspice
- 1 eggs
- 1 cup baker's angel flake coconut
- 0.3 cup flour
- 0.3 cup real mayo mayonnaise divided kraft
- 0.3 cup papaya chopped
- 0.3 cup roasted pepper red chopped
- 1 lb shrimp cleaned (21 to 30 count)

- 1.5 cups vegetable oil
- 1 Tbsp water

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- blender
- ramekin

## Directions

- Place half of the mayo and red pepper in blender container; cover. Blend until smooth.
- Pour into small ramekin. Refrigerate.
- Place remaining mayo and papaya in blender container; cover. Blend until smooth.
- Pour into another small ramekin. Refrigerate.
- Mix flour, allspice and coconut in shallow pan. Beat egg and water in medium bowl with wire whisk until well blended. Dip shrimp into egg mixture; shake off excess. Coat with flour mixture.
- Heat oil to 350F in medium saucepan. Cook shrimp in hot oil 2 min. or until golden brown.
- Remove from oil; drain.
- Divide shrimp between 4 plates. Spoon 1 Tbsp. papaya mayo on plate. Slightly overlap 1 Tbsp. red pepper mayo on papaya mayo.
- Serve immediately.

## Nutrition Facts

 **PROTEIN 19.86%**  **FAT 70.77%**  **CARBS 9.37%**

## Properties

Glycemic Index:11.69, Glycemic Load:1.14, Inflammation Score:-1, Nutrition Score:3.1843478757402%

## Nutrients (% of daily need)

Calories: 123.88kcal (6.19%), Fat: 9.95g (15.31%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.03g (0.74%), Sugar: 0.56g (0.62%), Cholesterol: 53.97mg (17.99%), Sodium: 86.67mg (3.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.57%), Vitamin K: 12.53µg (11.93%), Manganese: 0.17mg (8.27%), Copper: 0.15mg (7.67%), Phosphorus: 75.88mg (7.59%), Magnesium: 15.33mg (3.83%), Fiber: 0.94g (3.75%), Selenium: 2.44µg (3.48%), Zinc: 0.52mg (3.43%), Vitamin E: 0.48mg (3.19%), Potassium: 111.12mg (3.17%), Vitamin C: 2.31mg (2.8%), Iron: 0.47mg (2.6%), Calcium: 22.02mg (2.2%), Vitamin B2: 0.03mg (1.63%), Folate: 6.31µg (1.58%), Vitamin B1: 0.02mg (1.32%), Vitamin B6: 0.03mg (1.25%)