



Coconut-Curry Shrimp with Chutney Mayo

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp curry powder divided
- 1 eggs
- 1 cup baker's angel flake coconut
- 0.3 cup flour
- 0.3 cup real mayo mayonnaise kraft
- 0.3 cup chutney
- 1.5 cups planters peanut oil
- 0.8 lb shrimp deveined uncooked peeled

- 0.3 tsp vanilla
- 1 Tbsp water

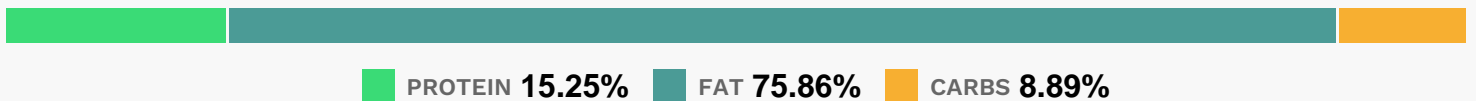
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- slotted spoon

Directions

- Mix mayo, chutney, vanilla and 1/4 tsp. curry powder until blended.
- Mix coconut, flour and remaining curry powder in shallow pan.
- Whisk egg and water in medium bowl until blended. Dip shrimp, 1 at a time, into egg mixture; shake off excess. Coat with flour mixture.
- Heat oil in large saucepan on medium heat.
- Add shrimp, in batches; cook 2 min. or until golden brown.
- Remove from pan with slotted spoon; drain.
- Serve with chutney mayo.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:2.3147826168848%

Nutrients (% of daily need)

Calories: 108.29kcal (5.41%), Fat: 9.27g (14.26%), Saturated Fat: 3.59g (22.45%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 1.69g (0.62%), Sugar: 0.35g (0.39%), Cholesterol: 37.14mg (12.38%), Sodium: 93.97mg (4.09%), Alcohol: 0.02g (100%), Alcohol %: 0.05% (100%), Protein: 4.19g (8.38%), Manganese: 0.14mg (6.8%), Vitamin K: 6.18µg (5.89%), Copper: 0.11mg (5.27%), Phosphorus: 52.16mg (5.22%), Vitamin E: 0.68mg (4.57%), Fiber: 0.75g

(3.01%), Selenium: 2.09µg (2.98%), Magnesium: 10.56mg (2.64%), Zinc: 0.36mg (2.41%), Potassium: 74.29mg (2.12%), Iron: 0.36mg (2.02%), Vitamin A: 84.3IU (1.69%), Calcium: 14.02mg (1.4%), Vitamin B2: 0.02mg (1.35%), Folate: 4.54µg (1.13%), Vitamin B1: 0.02mg (1.08%)