



Coconut Fried Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups coconut or shredded
- ☐ 2 teaspoons curry powder
- ☐ 2 eggs beaten
- ☐ 0.5 cup flour
- ☐ 4 servings oil for frying
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound shrimp cleaned

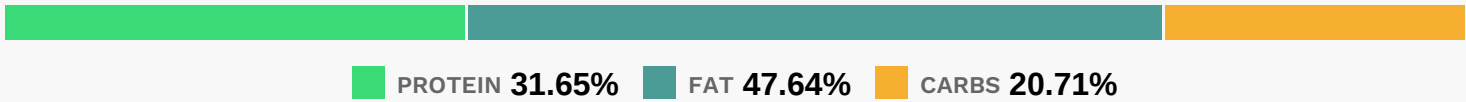
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Preheat oil in skillet or wok on medium heat to 350 degrees.
- ☐ Mix flour, curry, coconut, salt and pepper.
- ☐ Dip shrimp in egg mixture then roll in flour mixture. Repeat.
- ☐ Cook about 3 minutes on each side or until golden brown.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:8.89, Inflammation Score:-2, Nutrition Score:12.640434824902%

Nutrients (% of daily need)

Calories: 354.33kcal (17.72%), Fat: 19.16g (29.48%), Saturated Fat: 12.94g (80.85%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 14.39g (5.23%), Sugar: 2.64g (2.94%), Cholesterol: 264.41mg (88.14%), Sodium: 368.81mg (16.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.64g (57.28%), Manganese: 0.79mg (39.68%), Phosphorus: 351.8mg (35.18%), Copper: 0.66mg (33.2%), Selenium: 16.26µg (23.23%), Fiber: 4.35g (17.42%), Iron: 2.97mg (16.5%), Zinc: 2.39mg (15.96%), Magnesium: 61.11mg (15.28%), Potassium: 504.32mg (14.41%), Folate: 50.87µg (12.72%), Vitamin B2: 0.19mg (11.09%), Vitamin B1: 0.16mg (10.69%), Calcium: 97.74mg (9.77%), Vitamin E: 1.05mg (6.98%), Vitamin B3: 1.19mg (5.95%), Vitamin B5: 0.53mg (5.26%), Vitamin B6: 0.08mg (3.87%), Vitamin B12: 0.2µg (3.26%), Vitamin K: 3.19µg (3.04%), Vitamin D: 0.44µg (2.93%), Vitamin A: 128.66IU (2.57%), Vitamin C: 1.43mg (1.74%)