



Coconut-Macadamia Nut Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce beer divided
- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 2 cups coconut or flaked
- ☐ 2 tablespoons cream of coconut
- ☐ 2 egg yolks
- ☐ 2 cups flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 18 jumbo shrimp fresh unpeeled

- ☐ 1 tablespoon juice of lime
- ☐ 0.5 cup ground macadamia nuts
- ☐ 1 teaspoon salt divided
- ☐ 2 tablespoons vegetable oil
- ☐ 6 servings vegetable oil

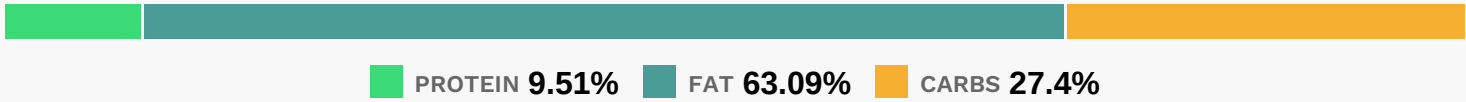
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Combine flour and macadamia nuts in a large bowl; make a well in center of flour mixture.
- ☐ Combine half of beer, egg yolks, 2 tablespoons oil, and cream of coconut; add to dry ingredients, stirring just until moistened. Stir in remaining half of beer, 1/2 teaspoon salt, and 1/2 teaspoon pepper until smooth.
- ☐ Peel shrimp, and devein, if desired, leaving tails intact.
- ☐ Combine remaining 1/2 teaspoon salt, remaining 1/2 teaspoon pepper, lime juice, and garlic in a large bowl; add shrimp, tossing to coat. Cover and chill 30 minutes.
- ☐ Dip shrimp in batter; dredge in coconut.
- ☐ Pour oil to a depth of 2 inches in a Dutch oven; heat to 37
- ☐ Fry shrimp 6 to 8 minutes or until golden; drain.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:23.96, Inflammation Score:-6, Nutrition Score:20.979565102121%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg,

Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 698.61kcal (34.93%), Fat: 48.95g (75.31%), Saturated Fat: 22.05g (137.79%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 40.82g (14.84%), Sugar: 7.01g (7.79%), Cholesterol: 140.4mg (46.8%), Sodium: 747.57mg (32.5%), Alcohol: 2.21g (100%), Alcohol %: 1.2% (100%), Protein: 16.59g (33.19%), Manganese: 1.6mg (80.04%), Selenium: 41.32µg (59.03%), Vitamin B1: 0.5mg (33.66%), Vitamin K: 35.08µg (33.41%), Phosphorus: 303.74mg (30.37%), Fiber: 7.02g (28.08%), Folate: 103.91µg (25.98%), Copper: 0.49mg (24.68%), Vitamin B3: 4.28mg (21.38%), Iron: 3.64mg (20.21%), Vitamin B2: 0.31mg (18.16%), Vitamin E: 2.68mg (17.88%), Magnesium: 66.99mg (16.75%), Vitamin B6: 0.29mg (14.29%), Vitamin B12: 0.79µg (13.24%), Zinc: 1.74mg (11.63%), Potassium: 338.62mg (9.67%), Vitamin B5: 0.89mg (8.93%), Calcium: 68.49mg (6.85%), Vitamin A: 197.64IU (3.95%), Vitamin D: 0.38µg (2.56%), Vitamin C: 1.47mg (1.78%)