



Coconut Macadamia Shrimp With Warm Tropical Salsa

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



785 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup japanese breadcrumbs (panko)
- 0.3 teaspoon mccormick gourmet collection cajun seasoning
- 1 cup coconut or shredded unsweetened frozen thawed
- 2 egg whites
- 0.5 cup flour all-purpose
- 0.3 teaspoon mccormick gourmet collection ground cayenne pepper red
- 0.3 teaspoon coarsely ground mccormick gourmet collection pepper black

- 1 cup macadamia nuts finely chopped
- 6 servings warm tropical salsa
- 0.8 teaspoon salt divided
- 1 pound certified american shrimp wild fresh uncooked unpeeled
- 6 cups vegetable oil

Equipment

- bowl
- baking sheet
- paper towels
- whisk
- dutch oven

Directions

- If frozen, thaw shrimp according to package directions. Peel shrimp, leaving tails on; devein, if desired.
- Stir together flour, next 3 ingredients, and 1/4 tsp. salt in a medium-size shallow dish or pie plate.
- Whisk egg whites in a small bowl until slightly foamy. Stir together coconut, macadamia nuts, and breadcrumbs in another medium-size shallow dish or pie plate.
- Dredge shrimp in flour mixture; dip in egg whites. Dredge in coconut mixture, pressing coconut mixture onto shrimp.
- Place shrimp on a large baking sheet.
- Pour oil to a depth of 1 inch in a large 6-qt. Dutch oven; heat over medium-high heat to 35
- Fry shrimp, 5 to 6 at a time, 1 to 2 minutes or until golden brown.
- Drain on a paper towel-lined baking sheet.
- Sprinkle hot shrimp with remaining salt.
- Place Warm Tropical Salsa in a serving bowl; place bowl in center of a serving dish. Arrange shrimp around salsa.
- Serve warm.

Nutrition Facts

PROTEIN 10.54% FAT 79.26% CARBS 10.2%

Properties

Glycemic Index:27.33, Glycemic Load:5.89, Inflammation Score:-6, Nutrition Score:18.523913251317%

Nutrients (% of daily need)

Calories: 785.19kcal (39.26%), Fat: 71.38g (109.82%), Saturated Fat: 18.38g (114.86%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 15.07g (5.48%), Sugar: 3.81g (4.23%), Cholesterol: 121.71mg (40.57%), Sodium: 650.93mg (28.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.35g (42.71%), Vitamin K: 82.2µg (78.29%), Manganese: 1.54mg (77.08%), Copper: 0.64mg (32.04%), Vitamin E: 4.21mg (28.04%), Vitamin B1: 0.42mg (27.9%), Phosphorus: 267.58mg (26.76%), Fiber: 5.6g (22.41%), Magnesium: 80.21mg (20.05%), Selenium: 10.77µg (15.38%), Iron: 2.64mg (14.68%), Potassium: 490.48mg (14.01%), Zinc: 1.83mg (12.23%), Vitamin B2: 0.18mg (10.55%), Vitamin B3: 1.98mg (9.89%), Calcium: 92.63mg (9.26%), Vitamin B6: 0.18mg (8.97%), Folate: 30.09µg (7.52%), Vitamin A: 229.78IU (4.6%), Vitamin B5: 0.45mg (4.53%), Vitamin C: 1.17mg (1.42%)