

Coconut Shrimp

 Dairy Free  Popular

READY IN



60 min.

SERVINGS



6

CALORIES



460 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.7 cup beer
- 2 cups coconut or flaked
- 1 eggs
- 0.3 cup flour all-purpose
- 3 cups oil for frying
- 24 shrimp

Equipment

- bowl
- baking sheet
- paper towels
- wax paper
- tongs

Directions

- In medium bowl, combine egg, 1/2 cup flour, beer and baking powder.
- Place 1/4 cup flour and coconut in two separate bowls.
- Hold shrimp by tail, and dredge in flour, shaking off excess flour. Dip in egg/beer batter; allow excess to drip off.
- Roll shrimp in coconut, and place on a baking sheet lined with wax paper. Refrigerate for 30 minutes. Meanwhile, heat oil to 350 degrees F (175 degrees C) in a deep-fryer.
- Fry shrimp in batches: cook, turning once, for 2 to 3 minutes, or until golden brown. Using tongs, remove shrimp to paper towels to drain.
- Serve warm with your favorite dipping sauce.

Nutrition Facts

■ PROTEIN **9.87%** ■ FAT **79.94%** ■ CARBS **10.19%**

Properties

Glycemic Index:34.58, Glycemic Load:3.51, Inflammation Score:-3, Nutrition Score:10.065217430177%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 460.27kcal (23.01%), Fat: 41.64g (64.06%), Saturated Fat: 18.14g (113.37%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 7.18g (2.61%), Sugar: 2.12g (2.36%), Cholesterol: 91.68mg (30.56%), Sodium: 175.65mg (7.64%), Alcohol: 1.02g (100%), Alcohol %: 0.59% (100%), Protein: 11.57g (23.14%), Manganese: 0.83mg (41.54%), Vitamin E:

4.12mg (27.5%), Copper: 0.4mg (19.81%), Fiber: 4.76g (19.04%), Phosphorus: 189.69mg (18.97%), Vitamin K: 16.09µg (15.33%), Selenium: 9.42µg (13.45%), Magnesium: 43.37mg (10.84%), Calcium: 97.66mg (9.77%), Iron: 1.63mg (9.08%), Zinc: 1.24mg (8.26%), Potassium: 282.42mg (8.07%), Vitamin B6: 0.11mg (5.59%), Vitamin B2: 0.09mg (5.54%), Folate: 17.1µg (4.28%), Vitamin B1: 0.06mg (4.14%), Vitamin B5: 0.37mg (3.73%), Vitamin B3: 0.62mg (3.09%), Vitamin B12: 0.07µg (1.18%)