



Coconut Shrimp

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb shrimp frozen thawed deveined uncooked peeled (31 to 35)
- 1 eggs
- 0.8 cup milk
- 1 cup vegetable oil
- 2.5 cups coconut flakes flaked
- 0.5 cup chili sauce
- 0.5 cup apricot preserves
- 1 cup frangelico

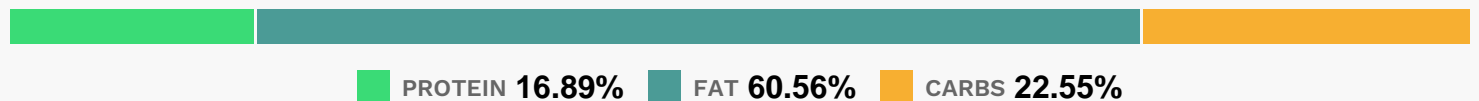
Equipment

- bowl
- frying pan
- paper towels

Directions

- Pat shrimp dry with paper towels. In medium bowl, mix Bisquick mix, egg and milk.
- Add shrimp; gently stir to coat well.
- In 10-inch skillet, heat oil over medium heat to 375°F. In shallow dish, place half of the coconut (add remaining coconut after coating half of the shrimp). Cooking in batches, remove shrimp one at a time from batter and coat with coconut; place in oil in a single layer. Cook 3 to 4 minutes, turning once, until coating is crispy and golden brown and shrimp are pink (cut 1 shrimp open to check doneness).
- Drain on paper towels.
- In small bowl, mix chili sauce and apricot preserves.
- Serve shrimp with sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:12.704782651818%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 459.67kcal (22.98%), Fat: 32.29g (49.67%), Saturated Fat: 22.26g (139.11%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 20.68g (7.52%), Sugar: 15.68g (17.42%), Cholesterol: 152.65mg (50.88%), Sodium: 437.81mg (19.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.53%), Manganese: 1.01mg (50.41%), Copper: 0.63mg (31.62%), Phosphorus: 292.49mg (29.25%), Fiber: 6.38g (25.51%), Magnesium: 66.39mg

(16.6%), Potassium: 547.12mg (15.63%), Selenium: 10.03µg (14.32%), Vitamin K: 14.77µg (14.06%), Zinc: 1.99mg (13.29%), Iron: 1.98mg (10.99%), Calcium: 107.71mg (10.77%), Vitamin B6: 0.18mg (8.88%), Vitamin E: 1.3mg (8.7%), Vitamin B2: 0.13mg (7.72%), Vitamin C: 5.91mg (7.16%), Vitamin A: 284.13IU (5.68%), Vitamin B5: 0.51mg (5.13%), Vitamin B1: 0.06mg (4.12%), Vitamin B12: 0.23µg (3.83%), Vitamin D: 0.48µg (3.21%), Vitamin B3: 0.62mg (3.11%), Folate: 8.88µg (2.22%)