



WHATSheATE

Coconut Shrimp



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



4795 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs panko-style
- ☐ 0.5 cup brown sugar
- ☐ 1 tablespoon cornstarch
- ☐ 0.8 cup flour
- ☐ 2 cloves garlic grated
- ☐ 4 servings kosher salt
- ☐ 2 quarts vegetable oil; peanut oil preferred
- ☐ 1 tablespoon pepper dried red finely sliced

- ☐ 0.5 cup rice vinegar
- ☐ 1 tablespoon thai fish sauce
- ☐ 1 cup coconut shredded unsweetened
- ☐ 0.5 cup water
- ☐ 2 eggs whole
- ☐ 2 pounds shrimp deveined peeled

Equipment

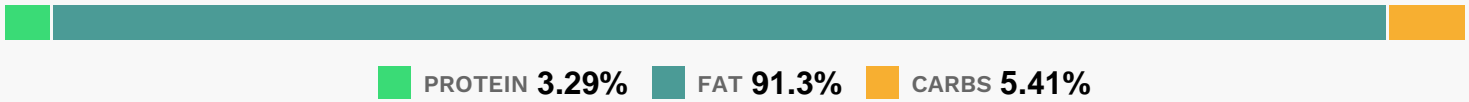
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ kitchen thermometer
- ☐ wok
- ☐ dutch oven

Directions

- ☐ Season shrimp with salt and set aside.
- ☐ Mix coconut and panko in a large mixing bowl and whisk to combine.
- ☐ Mix eggs and 2 tablespoons flour in a large mixing bowl and whisk until homogenous.
- ☐ Place remaining flour in a large mixing bowl.
- ☐ Add shrimp to bowl with flour and toss to coat evenly.
- ☐ Transfer shrimp to egg mixture, shaking off excess flour. Toss to coat thoroughly. Hold the bowl with the coconut mixture in your left hand, and tossing constantly, pick up shrimp one at a time with your right hand, allow excess batter to drip off, and toss in the coconut mixture. The shrimp should end up evenly coated without sticking to each other.
- ☐ transfer the shrimp to a plate, wiping batter and crumbs off of their tails as you go. Set aside for 10 minutes.
- ☐ Meanwhile, make the sauce.

- ☐ Combine the garlic, chili flakes, sugar, vinegar, and 1/2 cup water in a small saucepan and heat until sugar is dissolved.
- ☐ Mix together remaining water and corn starch in a small bowl to create a smooth slurry.
- ☐ Whisk it into the sauce and bring to a boil over medium high heat to thicken.
- ☐ Remove from heat and whisk in fish sauce. Set aside.
- ☐ Heat oil in a large wok or Dutch oven to 375°F as measured on an instant read thermometer. Lower shrimp into oil one at a time and fry, agitating constantly with a metal spider until deep golden brown and crisp on all sides, about 3 minutes total.
- ☐ Transfer shrimp to a bowl lined with paper towels, season with kosher salt, and toss to coat.
- ☐ Serve immediately, with dipping sauce on the side.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:13.09, Inflammation Score:-8, Nutrition Score:31.640869731488%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 4794.76kcal (239.74%), Fat: 493.8g (759.7%), Saturated Fat: 94.47g (590.43%), Carbohydrates: 65.79g (21.93%), Net Carbohydrates: 60.02g (21.82%), Sugar: 29.7g (33%), Cholesterol: 367.6mg (122.53%), Sodium: 2012.89mg (87.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.09g (80.18%), Vitamin E: 78.4mg (522.7%), Selenium: 91.11µg (130.16%), Phosphorus: 703.67mg (70.37%), Manganese: 1.1mg (55.02%), Vitamin B12: 2.78µg (46.37%), Copper: 0.73mg (36.47%), Vitamin B3: 6.85mg (34.23%), Vitamin B6: 0.59mg (29.43%), Folate: 116.03µg (29.01%), Vitamin B1: 0.39mg (26.08%), Magnesium: 98.81mg (24.7%), Zinc: 3.49mg (23.24%), Fiber: 5.78g (23.1%), Iron: 4.14mg (22.98%), Vitamin A: 1120.71IU (22.41%), Vitamin B2: 0.35mg (20.65%), Calcium: 206.09mg (20.61%), Potassium: 559.71mg (15.99%), Vitamin B5: 1.47mg (14.72%), Vitamin K: 7.23µg (6.88%), Vitamin D: 0.67µg (4.45%), Vitamin C: 0.85mg (1.03%)