



Coconut Shrimp

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup panko bread crumbs (panko)
- 1 tablespoon walkerswood jamaican jerk seasoning
- 0.3 cup cornstarch
- 2 egg whites
- 4 servings dijon honey mustard
- 1 teaspoon paprika
- 1.5 pounds shrimp raw unpeeled ()
- 1 cup coconut sweetened flaked

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack

Directions

- Preheat oven to 425
- Peel shrimp, leaving tails on; devein shrimp, if desired.
- Place a wire rack coated with cooking spray in a 15- x 10-inch jelly-roll pan.
- Whisk egg whites in a bowl just until foamy.
- Stir together cornstarch and Caribbean jerk seasoning in a shallow dish.
- Stir together coconut, breadcrumbs, and paprika in another shallow dish.
- Dredge shrimp, 1 at a time, in cornstarch mixture; dip in egg whites, and dredge in coconut mixture, pressing gently with fingers. Lightly coat shrimp with cooking spray; arrange shrimp on wire rack.
- Bake at 425 for 10 to 12 minutes or just until shrimp turn pink, turning after 8 minutes.
- Serve with Honey-Mustard Sauce.
- Try this twist!
- Coconut Chicken: Substitute 1 1/2 lb. chicken breast tenders for shrimp. Proceed with recipe as directed, beginning with Step 2 and increasing bake time to 18 to 20 minutes or until chicken is done, turning once after 12 minutes.
- Sprinkle with salt to taste, if desired.
- Calories 448; Fat 11g (sat 6g, mono 9g, poly 1g); Protein 3g; Carb 4g; Fiber 9g; Chol 94mg; Iron 7mg; Sodium 604mg; Calc 65mg.

Nutrition Facts



■ PROTEIN 34.71% ■ FAT 24.83% ■ CARBS 40.46%

Properties

Glycemic Index:3.75, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:18.32608681739%

Nutrients (% of daily need)

Calories: 324.25kcal (16.21%), Fat: 8.84g (13.6%), Saturated Fat: 6.05g (37.79%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 28.71g (10.44%), Sugar: 9.25g (10.28%), Cholesterol: 214.32mg (71.44%), Sodium: 1196.87mg (52.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.63%), Selenium: 61.21µg (87.45%), Phosphorus: 471.9mg (47.19%), Vitamin B12: 1.95µg (32.57%), Vitamin A: 1145.44IU (22.91%), Vitamin B3: 4.47mg (22.33%), Copper: 0.44mg (22.08%), Manganese: 0.44mg (21.94%), Vitamin E: 3.17mg (21.1%), Vitamin B6: 0.35mg (17.59%), Magnesium: 60.47mg (15.12%), Fiber: 3.72g (14.89%), Zinc: 2.14mg (14.24%), Calcium: 130.59mg (13.06%), Vitamin B1: 0.19mg (12.63%), Folate: 50.41µg (12.6%), Potassium: 373.41mg (10.67%), Vitamin B2: 0.18mg (10.59%), Iron: 1.9mg (10.58%), Vitamin B5: 0.7mg (6.99%), Vitamin K: 4.02µg (3.82%), Vitamin D: 0.17µg (1.13%)