



Coconut Shrimp II

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



1021 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.3 cup beer
- 0.1 teaspoon cayenne pepper
- 0.3 teaspoon curry powder
- 0.3 cup flour all-purpose
- 3 tablespoons horseradish prepared
- 3 tablespoons mustard prepared
- 10 ounces orange marmalade

- 0.3 teaspoon paprika
- 0.1 teaspoon salt
- 1 pound shrimp with tails attached deveined peeled
- 8 ounces coconut or unsweetened flaked
- 2 quarts vegetable oil for frying

Equipment

- bowl
- deep fryer

Directions

- Heat oil in a deep fryer to 375 degrees F (190 degrees C). In a small bowl, stir together marmalade, horseradish and mustard; set aside.
- Combine 3/4 cup flour, baking powder, paprika, curry powder, salt and cayenne. Stir in beer.
- Dredge shrimp in 1/4 cup flour, dip in beer batter and roll in coconut.
- Fry shrimp in hot oil until golden on both sides.
- Drain briefly and serve with reserved dipping sauce.

Nutrition Facts



■ PROTEIN 7.2% ■ FAT 75.31% ■ CARBS 17.49%

Properties

Glycemic Index:54.42, Glycemic Load:3.35, Inflammation Score:-6, Nutrition Score:17.543043475112%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1021.18kcal (51.06%), Fat: 88.25g (135.77%), Saturated Fat: 31.36g (196.03%), Carbohydrates: 46.11g (15.37%), Net Carbohydrates: 38.84g (14.12%), Sugar: 31.86g (35.4%), Cholesterol: 121.71mg (40.57%), Sodium: 311.26mg (13.53%), Alcohol: 0.51g (100%), Alcohol %: 0.13% (100%), Protein: 18.97g (37.94%), Vitamin K: 116.55µg

(111%), Manganese: 1.16mg (57.76%), Vitamin E: 5.44mg (36.27%), Copper: 0.66mg (32.93%), Fiber: 7.27g (29.08%), Phosphorus: 263.75mg (26.37%), Magnesium: 69.45mg (17.36%), Selenium: 11.9µg (17.01%), Potassium: 465.19mg (13.29%), Zinc: 1.95mg (12.99%), Iron: 2.19mg (12.17%), Calcium: 96.87mg (9.69%), Vitamin B6: 0.15mg (7.26%), Vitamin C: 4.77mg (5.79%), Folate: 22.99µg (5.75%), Vitamin B1: 0.08mg (5.47%), Vitamin B2: 0.09mg (5.12%), Vitamin B5: 0.37mg (3.69%), Vitamin B3: 0.71mg (3.57%), Vitamin A: 93.97IU (1.88%)