



WHATSheATE



Coconut Shrimp with Crispy Shallot, Basil and Sesame Sprinkle



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basil chopped
- ☐ 3 tablespoons candied ginger minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 chiles green red such as thai chiles or jalapeños, thinly sliced with seeds,
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons sesame seed
- ☐ 2 large shallots thinly sliced

- ☐ 1.5 pounds shrimp shelled deveined
- ☐ 2 ounces coconut or shredded sweetened
- ☐ 1 cup coconut milk unsweetened
- ☐ 2 tablespoons vegetable oil

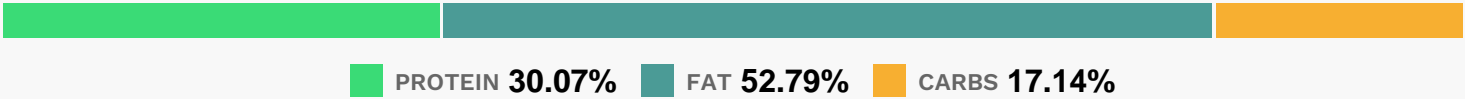
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 45
- ☐ On a large rimmed baking sheet, separate the sliced shallot into rings and toss with the oil.
- ☐ Spread the shallots on the baking sheet and bake for 10 minutes, stirring once, until most of the rings are deeply browned.
- ☐ Transfer to a medium bowl.
- ☐ Meanwhile, in a medium skillet, toast the coconut over moderately high heat, stirring, until lightly browned, about 2 minutes.
- ☐ Transfer to the bowl with the shallots and wipe out the skillet.
- ☐ Add the sesame seeds and toast over moderately high heat, shaking the pan, until golden, about 30 seconds.
- ☐ Transfer to the bowl with the shallots and coconut. Stir in the basil, ginger and chiles.
- ☐ Add the coconut milk to the skillet; bring to a boil over moderately high heat.
- ☐ Add the shrimp and simmer, stirring, until just cooked through, about 3 minutes. Stir in the lemon juice. Season with salt and pepper. Spoon the shrimp into bowls, top with the shallot and sesame seed sprinkle and serve.
- ☐ Serve With: Steamed rice.
- ☐ Notes: Variations: The shallot, basil and sesame seed sprinkle can be served over Asian noodles or grilled pork chops or used as a garnish for curries.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:16.287826237471%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 478.83kcal (23.94%), Fat: 29.03g (44.67%), Saturated Fat: 18.62g (116.35%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 17.51g (6.37%), Sugar: 15.76g (17.51%), Cholesterol: 273.86mg (91.29%), Sodium: 520.66mg (22.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.21g (74.42%), Manganese: 1.16mg (58.09%), Copper: 1.07mg (53.39%), Phosphorus: 475.79mg (47.58%), Vitamin K: 37.61µg (35.82%), Magnesium: 109.78mg (27.45%), Zinc: 3.35mg (22.35%), Potassium: 740.56mg (21.16%), Calcium: 175.4mg (17.54%), Iron: 3.07mg (17.07%), Fiber: 3.69g (14.76%), Vitamin C: 9.46mg (11.47%), Selenium: 7.64µg (10.91%), Vitamin B6: 0.15mg (7.28%), Vitamin A: 317.81IU (6.36%), Folate: 24.44µg (6.11%), Vitamin E: 0.78mg (5.17%), Vitamin B1: 0.06mg (4.2%), Vitamin B3: 0.79mg (3.95%), Vitamin B5: 0.27mg (2.73%), Vitamin B2: 0.02mg (1.23%)