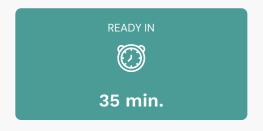


Coconut Shrimp with Dipping Sauce

airy Free







SIDE DISH

Ingredients

U.3 cup flour all-purpose
1 teaspoon curry powder
O.5 teaspoon salt
O.1 teaspoon ground pepper red (cayenne)
1 eggs
1 teaspoon water
O.8 cup panko bread crumbs plain crispy

0.8 cup coconut or shredded

	1 lb shrimp frozen thawed deveined uncooked peeled
	0.5 cup peach preserves
	0.5 teaspoon lime zest grated
	1 tablespoon juice of lime fresh
	O.1 teaspoon pepper red crushed
	14 frangelico (4 to 6 inch)
Eq	uipment
	bowl
	frying pan
	paper towels
	oven
	baking pan
	aluminum foil
	skewers
Di	rections
	Soak skewers in water for 15 minutes. Meanwhile, heat oven to 400°F. Line 15x10-inch baking pan with sides with foil; lightly spray foil with cooking spray.
	In shallow dish, stir together flour, curry powder, salt and ground red pepper. In another shallow dish, beat egg and water until blended. In another shallow dish, mix bread crumbs and coconut.
	Pat shrimp dry with paper towels. Coat shrimp with flour mixture. Dip into egg mixture; coat well with crumb mixture. Thread 2 shrimp on each skewer, leaving space between each.
	Place in pan.
	Bake 8 to 10 minutes or until shrimp are pink and coating begins to brown. Meanwhile, in small bowl, mix sauce ingredients.
	Serve shrimp with sauce for dipping.

Nutrition Facts

Properties

Glycemic Index:14.93, Glycemic Load:5.79, Inflammation Score:-1, Nutrition Score:2.9991304304289%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Quercetin: 0.01mg,

Nutrients (% of daily need)

Calories: 102.64kcal (5.13%), Fat: 2.13g (3.27%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 12.47g (4.53%), Sugar: 6.4g (7.11%), Cholesterol: 63.85mg (21.28%), Sodium: 154.8mg (6.73%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 7.78g (15.57%), Phosphorus: 91.19mg (9.12%), Copper: 0.17mg (8.65%), Manganese: 0.13mg (6.63%), Selenium: 3.24µg (4.63%), Zinc: 0.6mg (4%), Magnesium: 15.96mg (3.99%), Iron: 0.69mg (3.86%), Vitamin B1: 0.06mg (3.69%), Potassium: 127.42mg (3.64%), Calcium: 32.75mg (3.27%), Fiber: 0.79g (3.16%), Folate: 11.81µg (2.95%), Vitamin B2: 0.05mg (2.9%), Vitamin B3: 0.39mg (1.93%), Vitamin C: 1.58mg (1.92%)