



Coconut Shrimp with Dipping Sauce

 Dairy Free

READY IN



35 min.

SERVINGS



14

CALORIES



103 kcal

SIDE DISH

Ingredients

- 0.3 cup flour all-purpose
- 1 teaspoon curry powder
- 0.5 teaspoon salt
- 0.1 teaspoon ground pepper red (cayenne)
- 1 eggs
- 1 teaspoon water
- 0.8 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
- 0.1 teaspoon pepper red crushed
- 14 frangelico (4 to 6 inch)

Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- aluminum foil
- skewers

Directions

- 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



■ PROTEIN 30.14% ■ FAT 18.53% ■ CARBS 51.33%

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, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)