



Coconut Shrimp with Fiery Mango Sauce

 Dairy Free

READY IN



67 min.

SERVINGS



8

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 1 teaspoon dijon mustard
- ☐ 2 large egg whites
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 teaspoons honey
- ☐ 1.5 tablespoons jalapeno seeded finely chopped
- ☐ 2 tablespoons juice of lime fresh

- ☐ 0.8 teaspoon lime zest grated
- ☐ 1.3 cups mangos ripe peeled chopped
- ☐ 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds shrimp
- ☐ 0.3 cup apricot preserves
- ☐ 0.5 cup coconut sweetened flaked
- ☐ 2 tablespoons water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ziploc bags

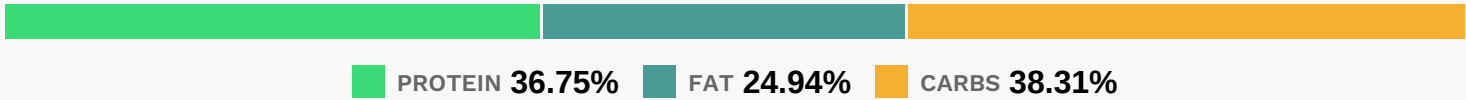
Directions

- ☐ Preheat oven to 37
- ☐ To prepare sauce, place all sauce ingredients in a food processor; pulse 3 times or to desired consistency.
- ☐ Transfer to a serving bowl.
- ☐ To prepare shrimp, peel and devein shrimp, leaving tails intact.
- ☐ Combine flour, salt, and red pepper in a large zip-top plastic bag.
- ☐ Combine egg whites and 2 tablespoons water in a shallow dish, stirring with a whisk.
- ☐ Combine panko, coconut, and oil in a separate shallow dish.
- ☐ Place shrimp in zip-top plastic bag; seal and shake to coat. Dip shrimp in egg white mixture; dredge in coconut mixture. Stand coated shrimp on their ends on a wire rack coated with

cooking spray set on a baking sheet.

- ☐ Bake at 375 for 12 minutes or until shrimp are done.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:38.38, Glycemic Load:4.74, Inflammation Score:-4, Nutrition Score:7.403043459291%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 209.25kcal (10.46%), Fat: 5.93g (9.12%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 19.03g (6.92%), Sugar: 10.75g (11.94%), Cholesterol: 136.93mg (45.64%), Sodium: 327.17mg (14.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.66g (39.32%), Phosphorus: 208.1mg (20.81%), Copper: 0.41mg (20.53%), Vitamin C: 14.61mg (17.71%), Magnesium: 40.74mg (10.19%), Potassium: 336.05mg (9.6%), Manganese: 0.19mg (9.33%), Zinc: 1.33mg (8.89%), Selenium: 5.8µg (8.28%), Calcium: 72.51mg (7.25%), Vitamin A: 352.85IU (7.06%), Vitamin E: 0.99mg (6.61%), Folate: 26.11µg (6.53%), Vitamin B1: 0.1mg (6.46%), Iron: 1.09mg (6.08%), Fiber: 1.47g (5.86%), Vitamin B2: 0.09mg (5.57%), Vitamin B3: 0.88mg (4.39%), Vitamin K: 4.56µg (4.35%), Vitamin B6: 0.06mg (2.92%), Vitamin B5: 0.14mg (1.4%)