



Coconut Shrimp with Gingered Cocktail Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup coconut or shredded
- 0.5 cup breadcrumbs plain
- 0.3 teaspoon salt
- 1 Dash ground pepper red (cayenne)
- 1.5 lb shrimp deveined uncooked peeled
- 0.3 cup honey
- 12 oz fruit cocktail
- 0.3 teaspoon ground ginger

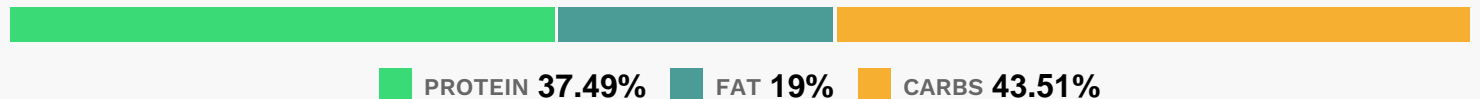
Equipment

- food processor
- bowl
- baking sheet
- paper towels
- sauce pan
- oven
- aluminum foil
- pie form

Directions

- Heat oven to 425°F. Line large cookie sheet with foil; lightly spray foil with cooking spray. In food processor, place coconut, bread crumbs, salt and ground red pepper; process 10 seconds to mix slightly.
- Place in pie pan or shallow dish.
- Pat shrimp dry with paper towels; place in medium bowl. In 1-quart saucepan, heat honey over low heat just until melted.
- Pour over shrimp; toss to coat.
- Roll shrimp in coconut mixture to coat; place in single layer on cookie sheet.
- Bake 9 to 12 minutes or until shrimp turn pink and coconut begins to brown.
- In small serving bowl, mix sauce ingredients. Arrange shrimp on serving platter; serve with sauce.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:3.94, Inflammation Score:-1, Nutrition Score:2.9478261062632%

Nutrients (% of daily need)

Calories: 95.52kcal (4.78%), Fat: 2.09g (3.21%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 9.92g (3.61%), Sugar: 7.83g (8.7%), Cholesterol: 68.46mg (22.82%), Sodium: 114.14mg (4.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.54%), Copper: 0.21mg (10.68%), Phosphorus: 104.84mg (10.48%), Manganese: 0.17mg (8.31%), Magnesium: 19.18mg (4.8%), Zinc: 0.71mg (4.71%), Potassium: 158.9mg (4.54%), Calcium: 35.75mg (3.58%), Fiber: 0.83g (3.32%), Iron: 0.6mg (3.31%), Vitamin B1: 0.04mg (2.65%), Selenium: 1.52µg (2.17%), Vitamin B3: 0.34mg (1.71%), Folate: 5.67µg (1.42%), Vitamin B2: 0.02mg (1.22%)