



Coconut Shrimp with Gingered Cocktail Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

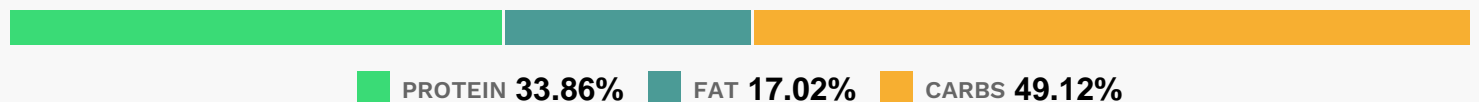
Equipment

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

Directions

- Heat oven to 425F. 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:5.89, Glycemic Load:2.31, Inflammation Score:-1, Nutrition Score:2.5443478195888%

Nutrients (% of daily need)

Calories: 109.34kcal (5.47%), Fat: 2.09g (3.22%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 13.6g (4.53%), Net Carbohydrates: 12.98g (4.72%), Sugar: 9.78g (10.87%), Cholesterol: 68.46mg (22.82%), Sodium: 368.01mg (16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.75%), Phosphorus: 102.5mg (10.25%), Copper: 0.2mg (9.94%), Manganese: 0.13mg (6.75%), Zinc: 0.69mg (4.58%), Magnesium: 18.12mg (4.53%), Potassium: 139.98mg (4%), Calcium: 34.48mg (3.45%), Iron: 0.53mg (2.97%), Fiber: 0.62g (2.47%), Vitamin B1: 0.04mg (2.4%), Selenium: 1.42µg (2.02%), Vitamin B3: 0.26mg (1.3%), Folate: 5.03µg (1.26%)