



## Coconut Shrimp with Mango Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 large egg whites
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 cup breadcrumbs gluten-free panko-style (such as Kinnikinnick)
- ☐ 4 servings mango sauce
- ☐ 0.3 teaspoon salt
- ☐ 1.3 pounds shrimp
- ☐ 0.8 cup coconut or sweetened flaked

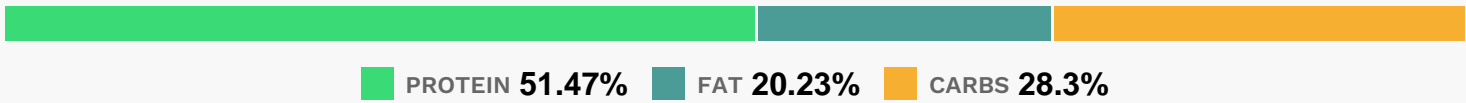
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ tongs

## Directions

- ☐ Preheat oven to 42
- ☐ Peel shrimp, leaving tails intact. Starting at tail end, butterfly each shrimp, cutting to, but not through, backside of shrimp.
- ☐ Combine breadcrumbs and next 3 ingredients in a shallow bowl. Beat egg whites with a whisk until foamy in a separate bowl.
- ☐ Add half of shrimp to egg whites, tossing to coat. Dredge shrimp in coconut mixture, pressing gently to adhere.
- ☐ Place shrimp on a parchment paperlined baking sheet. Repeat procedure with remaining shrimp, egg whites, and coconut mixture.
- ☐ Bake at 425 for 6 minutes. Using tongs, grasp shrimp by tails and turn over.
- ☐ Bake an additional 6 minutes or until golden brown.
- ☐ Serve shrimp with Mango Sauce.

## Nutrition Facts



## Properties

Glycemic Index:14.19, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:6.7960869310343%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg

## Nutrients (% of daily need)

Calories: 246kcal (12.3%), Fat: 5.6g (8.61%), Saturated Fat: 4.35g (27.21%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 15.59g (5.67%), Sugar: 6.25g (6.94%), Cholesterol: 228.21mg (76.07%), Sodium: 387.29mg (16.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.05g (64.09%), Phosphorus: 325mg (32.5%), Copper: 0.61mg

(30.51%), Magnesium: 60.24mg (15.06%), Zinc: 2.04mg (13.61%), Potassium: 469.3mg (13.41%), Manganese: 0.21mg (10.49%), Calcium: 94.42mg (9.44%), Selenium: 6.05µg (8.65%), Fiber: 2.04g (8.14%), Iron: 1.04mg (5.76%), Vitamin B2: 0.08mg (4.49%)