



Coconut Shrimp with Maui Mustard Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



352 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup beer
- ☐ 1 cup coconut milk
- ☐ 0.5 cup breadcrumbs dry fine (commercial)
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 10 servings mustard
- ☐ 10 servings vegetable oil; peanut oil preferred

- ☐ 10 servings salt
- ☐ 18 large shrimp fresh unpeeled
- ☐ 7 ounce coconut sweetened flaked

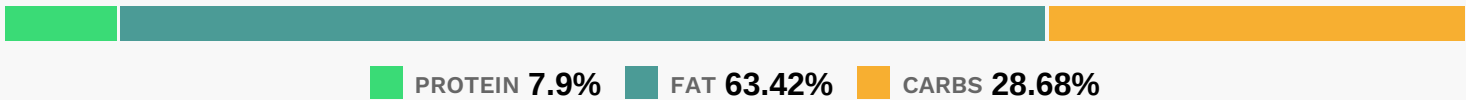
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Peel shrimp, leaving tails on. Butterfly shrimp by making a deep slit down the back of each from the large end to the tail, cutting to, but not through, inside curve of shrimp.
- ☐ Stir together coconut milk, cilantro, and lime juice in a large bowl.
- ☐ Add shrimp, tossing gently to coat. Cover and chill 30 minutes.
- ☐ Drain shrimp from mixture (do not pat dry).
- ☐ Whisk together flour and beer in a small bowl.
- ☐ Combine coconut and breadcrumbs in a shallow dish. Dip shrimp into beer batter; dredge in coconut mixture, pressing onto shrimp.
- ☐ Place shrimp on a baking sheet; freeze 20 minutes.
- ☐ Pour oil to depth of 2 inches into a Dutch oven, and heat to 35
- ☐ Cook shrimp, in batches, 2 to 3 minutes or until golden.
- ☐ Drain on paper towels, and sprinkle lightly with salt.
- ☐ Serve immediately with Maui Mustard Sauce.

Nutrition Facts



Properties

Glycemic Index:27.65, Glycemic Load:7.79, Inflammation Score:-3, Nutrition Score:7.102173925094%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 352.33kcal (17.62%), Fat: 25.05g (38.54%), Saturated Fat: 12g (74.97%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 22.71g (8.26%), Sugar: 7.79g (8.66%), Cholesterol: 28.98mg (9.66%), Sodium: 370.29mg (16.1%), Alcohol: 0.69g (100%), Alcohol %: 0.74% (100%), Protein: 7.02g (14.03%), Manganese: 0.53mg (26.42%), Selenium: 10.6µg (15.15%), Vitamin E: 2.24mg (14.91%), Iron: 2.07mg (11.52%), Vitamin B1: 0.17mg (11.3%), Fiber: 2.77g (11.1%), Phosphorus: 110.81mg (11.08%), Copper: 0.22mg (10.84%), Magnesium: 35.62mg (8.9%), Folate: 34.17µg (8.54%), Vitamin B3: 1.5mg (7.51%), Potassium: 209.08mg (5.97%), Vitamin B2: 0.09mg (5.58%), Zinc: 0.71mg (4.75%), Calcium: 33.98mg (3.4%), Vitamin B6: 0.04mg (1.86%), Vitamin B5: 0.17mg (1.73%), Vitamin C: 1.17mg (1.42%)