



Coconut Shrimp with Mustard Sauce

 Dairy Free  Low Fod Map

READY IN



22 min.

SERVINGS



20

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups baking mix all-purpose divided
- 1 cup beer
- 0.1 teaspoon ground pepper red
- 1.5 pounds shrimp fresh unpeeled
- 20 servings mustard sauce
- 0.5 teaspoon salt
- 3 cups coconut or sweetened flaked
- 20 servings vegetable oil

Equipment

- paper towels
- sauce pan
- dutch oven

Directions

- Peel shrimp, leaving tails intact; devein, if desired. Set aside.
- Stir together 1 cup baking mix and 1 cup beer until smooth.
- Stir together remaining 1 cup baking mix, salt, and ground red pepper. Dredge shrimp in dry mixture, and dip in beer mixture, allowing excess coating to drip. Gently roll shrimp in flaked coconut.
- Pour vegetable oil to a depth of 3 inches into a Dutch oven or heavy saucepan, and heat to 35
- Cook shrimp, in batches, 1 to 2 minutes or until golden; remove shrimp, and drain on paper towels.
- Serve immediately with Mustard Sauce.

Nutrition Facts

PROTEIN 12.48% **FAT 65.56%** **CARBS 21.96%**

Properties

Glycemic Index:5.22, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:5.5408695968597%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 270.34kcal (13.52%), Fat: 19.76g (30.4%), Saturated Fat: 6.02g (37.65%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 13.16g (4.79%), Sugar: 6.16g (6.85%), Cholesterol: 55.01mg (18.34%), Sodium: 343.55mg (14.94%), Alcohol: 0.46g (100%), Alcohol %: 0.65% (100%), Protein: 8.47g (16.93%), Vitamin K: 26.61µg (25.34%), Phosphorus: 162.84mg (16.28%), Manganese: 0.2mg (9.82%), Copper: 0.19mg (9.67%), Vitamin E: 1.18mg (7.88%), Fiber: 1.73g (6.93%), Selenium: 4.72µg (6.75%), Magnesium: 24.54mg (6.13%), Vitamin B1: 0.08mg (5.4%), Calcium:

48.33mg (4.83%), Potassium: 166.35mg (4.75%), Iron: 0.79mg (4.38%), Zinc: 0.65mg (4.35%), Folate: 16.45µg (4.11%), Vitamin B3: 0.72mg (3.62%), Vitamin B2: 0.06mg (3.57%), Vitamin B5: 0.14mg (1.44%), Vitamin B6: 0.02mg (1.11%)