



Coconut Shrimp with Pineapple Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup cornstarch
- ☐ 3 large egg whites
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon jalapeno seeded finely chopped
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 1 cup pineapple fresh finely chopped

- ☐ 0.3 cup pineapple preserves
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.8 teaspoon salt
- ☐ 1.5 pounds shrimp
- ☐ 1.5 cups coconut or sweetened flaked

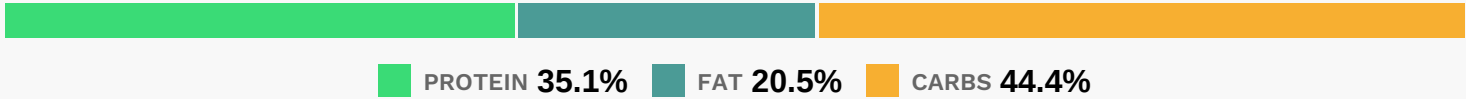
Equipment

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

Directions

- ☐ Preheat oven to 400
- ☐ To prepare shrimp, peel and devein shrimp, leaving tails intact. Rinse shrimp in cold water; drain on paper towels until dry.
- ☐ Combine cornstarch, salt, and red pepper in a shallow dish; stir with a whisk.
- ☐ Place the egg whites in a medium bowl, and beat with a mixer at medium-high speed until frothy (about 2 minutes).
- ☐ Place coconut in a shallow dish.
- ☐ Working with one shrimp at a time, dredge in cornstarch mixture. Dip in egg white; dredge in coconut, pressing gently with fingers.
- ☐ Place shrimp on a baking sheet coated with cooking spray. Repeat the procedure with remaining shrimp, cornstarch mixture, egg white, and coconut. Lightly coat shrimp with cooking spray.
- ☐ Bake at 400 for 20 minutes or until shrimp are done, turning after 10 minutes.
- ☐ To prepare salsa, combine pineapple and remaining ingredients in a medium bowl; stir to combine.

Nutrition Facts



Properties

Glycemic Index:67.17, Glycemic Load:11.12, Inflammation Score:-4, Nutrition Score:13.6843478576%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 432.31kcal (21.62%), Fat: 9.99g (15.37%), Saturated Fat: 8.61g (53.83%), Carbohydrates: 48.69g (16.23%), Net Carbohydrates: 44.15g (16.05%), Sugar: 27.13g (30.14%), Cholesterol: 273.86mg (91.29%), Sodium: 779.86mg (33.91%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 38.48g (76.97%), Copper: 0.85mg (42.52%), Phosphorus: 415.36mg (41.54%), Manganese: 0.81mg (40.46%), Vitamin C: 29.17mg (35.36%), Magnesium: 87.84mg (21.96%), Potassium: 713.46mg (20.38%), Fiber: 4.54g (18.18%), Zinc: 2.63mg (17.52%), Selenium: 10.97µg (15.67%), Calcium: 130.09mg (13.01%), Iron: 1.75mg (9.75%), Vitamin B2: 0.15mg (9.06%), Vitamin B6: 0.1mg (5.15%), Vitamin A: 239.62IU (4.79%), Vitamin K: 4.57µg (4.36%), Folate: 16.72µg (4.18%), Vitamin B1: 0.05mg (3.49%), Vitamin B3: 0.57mg (2.84%), Vitamin B5: 0.23mg (2.26%), Vitamin E: 0.28mg (1.89%)