



## Coconut Shrimp with Pineapple Salsa



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



72

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 cup cornstarch
- ☐ 2 large egg whites lightly beaten
- ☐ 1 Dash ground pepper red
- ☐ 12 jumbo shrimp
- ☐ 72 servings pineapple salsa
- ☐ 0.3 teaspoon salt
- ☐ 1 cup coconut or sweetened flaked
- ☐ 72 servings vegetable oil

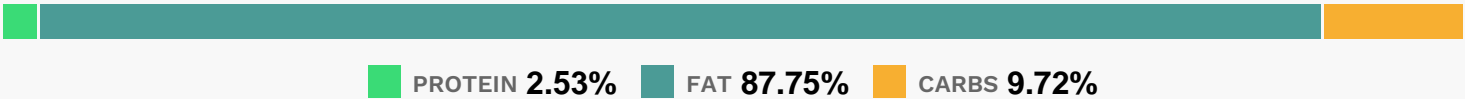
# Equipment

- ☐ bowl
- ☐ dutch oven

# Directions

- ☐ Peel shrimp, leaving tails on, and devein.
- ☐ Pour oil into a Dutch oven to a depth of 3 1/2 inches.
- ☐ Heat oil to 35
- ☐ Combine egg whites, ground red pepper, and salt in a shallow bowl.
- ☐ Place cornstarch in a separate shallow dish; place coconut in another shallow dish. Coat shrimp with cornstarch, shaking off excess. Dip shrimp in egg white mixture; dredge in coconut.
- ☐ Fry shrimp, in 2 batches, 2 to 3 minutes or until golden brown.
- ☐ Drain.
- ☐ Serve with Pineapple Salsa.

# Nutrition Facts



# Properties

Glycemic Index:0.44, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.7508695220332%

# Nutrients (% of daily need)

Calories: 143.71kcal (7.19%), Fat: 14.4g (22.16%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 2.89g (1.05%), Sugar: 1.66g (1.84%), Cholesterol: 2.68mg (0.89%), Sodium: 224.94mg (9.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%), Vitamin K: 27.09µg (25.8%), Vitamin E: 1.54mg (10.24%), Vitamin A: 154.18IU (3.08%), Vitamin B6: 0.06mg (2.84%), Fiber: 0.7g (2.81%), Potassium: 92.77mg (2.65%), Manganese: 0.05mg (2.43%), Vitamin B3: 0.37mg (1.84%), Copper: 0.03mg (1.57%), Magnesium: 6.12mg (1.53%), Phosphorus: 15.24mg (1.52%), Calcium: 10.25mg (1.02%)