



## Coconut Shrimp with Red Curry Sauce

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



704 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups coconut or flaked
- 0.3 cup cornstarch
- 3 large egg whites
- 1 handful mint leaves fresh
- 1 green onion chopped
- 1 juice of lime juiced
- 1.5 pounds shrimp with tails on peeled
- 4 servings kosher salt and pepper black freshly ground

- 2 tablespoons thai curry paste red
- 1 cup coconut milk unsweetened
- 2 tablespoons vegetable oil
- 4 servings vegetable oil for frying

## Equipment

- bowl
- frying pan
- paper towels
- pot
- slotted spoon
- tongs
- pie form

## Directions

- Heat 3 inches of oil in a large deep skillet or heavy pot to 325 degrees F.
- In a small bowl, mix the cornstarch, egg whites, salt, and pepper until foamy.
- Spread the coconut out in a pie dish. Dredge the shrimp with the cornstarch/egg white mixture and shake off any excess. Press the shrimp into the coconut flakes; turn shrimp over and press into coconut again to coat both sides.
- Deep-fry the shrimp in batches until the coconut is golden brown, about 2 to 3 minutes. Using tongs or a slotted spoon, remove the shrimp to paper towels to drain. Arrange the shrimp on a platter, serve immediately with red curry sauce and garnish with green onion and mint.
- Place a small pot over medium heat and coat with the oil. Stir the red curry paste into the pan and fry until aromatic. Slowly pour in the coconut milk and continue to stir to incorporate.
- Add the lime juice (and 1 of the squeezed out halves for added flavor) and cook for 5 to 10 minutes to thicken.
- Pour the sauce into a nice serving bowl and serve with the coconut shrimp.

## Nutrition Facts



■ PROTEIN 22.67% ■ FAT 64.97% ■ CARBS 12.36%

## Properties

Glycemic Index:16, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:20.597391413606%

## Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 703.71kcal (35.19%), Fat: 52.79g (81.22%), Saturated Fat: 38.85g (242.83%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 13.78g (5.01%), Sugar: 6.03g (6.7%), Cholesterol: 273.86mg (91.29%), Sodium: 270.04mg (11.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.45g (82.91%), Manganese: 1.81mg (90.5%), Copper: 1.18mg (59.09%), Phosphorus: 519.36mg (51.94%), Fiber: 8.81g (35.24%), Magnesium: 125.12mg (31.28%), Potassium: 902.29mg (25.78%), Vitamin A: 1257.94IU (25.16%), Selenium: 16.79µg (23.98%), Zinc: 3.58mg (23.85%), Vitamin K: 24.26µg (23.11%), Iron: 3.64mg (20.25%), Calcium: 147.99mg (14.8%), Vitamin B2: 0.16mg (9.27%), Vitamin B6: 0.15mg (7.74%), Vitamin C: 6.08mg (7.37%), Vitamin E: 1.1mg (7.31%), Vitamin B5: 0.51mg (5.13%), Folate: 18.24µg (4.56%), Vitamin B3: 0.78mg (3.91%), Vitamin B1: 0.05mg (3.1%)