



## Coconut Shrimp with Spiced Sweet Potato Mash and Almond Joy Butter

READY IN



55 min.

SERVINGS



4

CALORIES



936 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup almond joy pieces
- 0.5 cup almonds sliced
- 1 cup japanese breadcrumbs (known as panko)
- 1 stick butter softened
- 1 pinch cayenne pepper
- 0.5 cup coconut or shredded
- 2 eggs beaten
- 0.5 teaspoon ground cinnamon

- 0.5 cup heavy cream
- 4 servings salt and pepper black freshly ground
- 10 large shrimp deveined peeled
- 0.5 teaspoon paprika smoked
- 2 large sweet potatoes cubed peeled
- 4 servings vegetable oil for frying

## Equipment

- food processor
- bowl
- pot

## Directions

- Fill a pot filed with several inches of vegetable oil and heat to 350 degrees F.
- In a pot of boiling water, add the sweet potatoes and cook until tender, about 20 minutes. While the potatoes are cooking, start the shrimp. Grind the Almond Joy pieces in a food processor until finely chopped. In a bowl, add half of the candy, the breadcrumbs, coconut, and a pinch of salt and pepper. Pat the shrimp dry, dip in the egg and then in the coconut mixture. Set aside. For the compound butter, mix the rest of the candy with the softened butter, almonds and sprinkle with salt and pepper.
- Drain the sweet potatoes and mash with the smoked paprika, cinnamon, cayenne and heavy cream. Season with salt and pepper. Hold warm over low heat. Fry the shrimp until golden brown, 3 to 4 minutes. To serve, place a spoonful of the sweet potato mash on a plate, top with 3 pieces of the shrimp and serve the Almond Joy butter on the side.

## Nutrition Facts



## Properties

Glycemic Index:53, Glycemic Load:17.14, Inflammation Score:-10, Nutrition Score:26.511738880821%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 935.53kcal (46.78%), Fat: 63.58g (97.81%), Saturated Fat: 34.02g (212.65%), Carbohydrates: 77.7g (25.9%), Net Carbohydrates: 66.37g (24.13%), Sugar: 31.47g (34.96%), Cholesterol: 218.18mg (72.73%), Sodium: 518.14mg (22.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.53g (39.06%), Vitamin A: 25533.26IU (510.67%), Manganese: 1.21mg (60.52%), Fiber: 11.34g (45.35%), Vitamin E: 6.53mg (43.53%), Phosphorus: 372.92mg (37.29%), Copper: 0.64mg (32.17%), Vitamin B2: 0.54mg (31.74%), Potassium: 1019.43mg (29.13%), Magnesium: 115.25mg (28.81%), Vitamin B6: 0.46mg (22.93%), Vitamin B1: 0.34mg (22.54%), Iron: 3.86mg (21.42%), Calcium: 214.07mg (21.41%), Selenium: 14.5µg (20.72%), Vitamin B5: 2.01mg (20.09%), Folate: 57.77µg (14.44%), Zinc: 2.13mg (14.19%), Vitamin B3: 2.72mg (13.61%), Vitamin K: 12.68µg (12.07%), Vitamin D: 0.92µg (6.11%), Vitamin C: 4.92mg (5.97%), Vitamin B12: 0.34µg (5.73%)