



Coconut Shrimp with Sweet Chili Mayo



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons chili sauce sweet
- ☐ 1 teaspoon chili-garlic hot sauce
- ☐ 1 pound tail-on shrimp shelled
- ☐ 0.5 cup all purpose flour
- ☐ 1 eggs
- ☐ 2 tablespoons coconut milk (or regular milk)
- ☐ 4 servings salt and pepper

- ☐ 0.5 cup japanese panko bread crumbs
- ☐ 0.5 cup coconut flakes sweetened
- ☐ 4 servings oil for frying

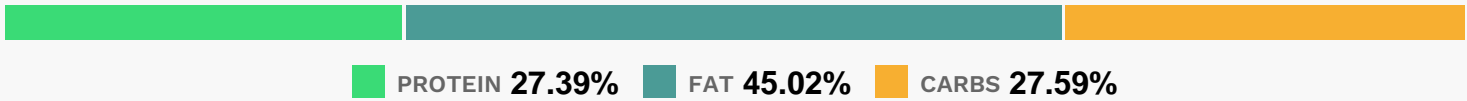
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ In a small bowl, combine the mayonnaise, sweet chili sauce and the chili-garlic hot sauce (optional). Set aside.
- ☐ With a paring knife, slice down deep at the middle of the back of the shrimp, but do not cut all the way through. Discard the black vein/tract.
- ☐ Set three shallow bowls side by side.
- ☐ Place flour in the first bowl; whisk the egg and coconut milk in the second; and combine the panko and coconut flakes in the third.
- ☐ Heat 2 inches of oil in a sauté pan over moderate heat until thermometer registers 350°F.
- ☐ As the oil is heating, bread the shrimp by dipping the shrimp on both sides in the flour and shaking excess off. Next dip in the egg/coconut milk mixture and then in the panko/coconut flakes, patting to ensure the coating sticks well.
- ☐ Fry the shrimp in small batches for 2–3 minutes until golden brown on both sides.
- ☐ Serve with Sweet Chili Mayo for dipping.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:8.87, Inflammation Score:-2, Nutrition Score:10.826956545529%

Nutrients (% of daily need)

Calories: 400.76kcal (20.04%), Fat: 20.07g (30.88%), Saturated Fat: 6.64g (41.51%), Carbohydrates: 27.68g (9.23%), Net Carbohydrates: 25.77g (9.37%), Sugar: 8.82g (9.8%), Cholesterol: 229.37mg (76.46%), Sodium: 666.14mg (28.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.48g (54.96%), Phosphorus: 314.47mg (31.45%), Copper: 0.54mg (27.19%), Vitamin K: 25.39µg (24.18%), Manganese: 0.38mg (18.85%), Selenium: 12.6µg (18%), Magnesium: 56.69mg (14.17%), Vitamin B1: 0.2mg (13.62%), Zinc: 2.02mg (13.46%), Iron: 2.31mg (12.82%), Potassium: 403.67mg (11.53%), Folate: 43.86µg (10.96%), Calcium: 98.56mg (9.86%), Vitamin B2: 0.16mg (9.53%), Vitamin B3: 1.55mg (7.75%), Fiber: 1.91g (7.65%), Vitamin E: 1.08mg (7.2%), Vitamin B5: 0.33mg (3.29%), Vitamin B12: 0.14µg (2.35%), Vitamin B6: 0.04mg (2.05%), Vitamin D: 0.25µg (1.65%), Vitamin A: 68.5IU (1.37%)