



Coconut Shrimp with Sweet & Spicy Dipping Sauce

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



24

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apricot preserves
- 1 Tbsp grey poupon dijon mustard
- 1 eggs
- 1 cup baker's angel flake coconut
- 0.5 tsp pepper sauce hot
- 1 lb shrimp deveined uncooked peeled
- 1 pkt. shake 'n bake extra seasoned coating mix crispy

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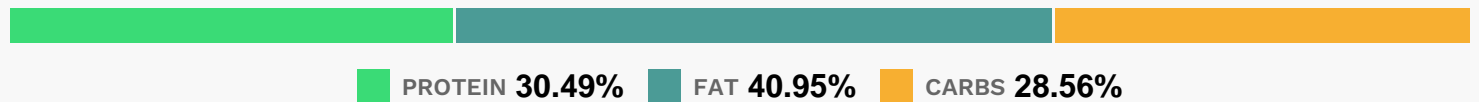
Equipment

- bowl
- baking sheet
- oven
- microwave

Directions

- Heat oven to 400F.
- Beat egg in shallow bowl.
- Combine coconut and coating mix in separate shallow bowl.
- Dip shrimp, 1 at a time, in egg, then in coconut mixture, turning to evenly coat each shrimp.
- Place on baking sheet sprayed with cooking spray.
- Bake 10 to 12 min. or until shrimp are tender. Meanwhile, microwave remaining ingredients in microwaveable bowl on HIGH 30 sec. or until heated through.
- Serve shrimp with sauce.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.5586956440593%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 54.38kcal (2.72%), Fat: 2.59g (3.98%), Saturated Fat: 2.11g (13.16%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 3.44g (1.25%), Sugar: 2.42g (2.68%), Cholesterol: 37.25mg (12.42%), Sodium: 37.89mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.67%), Copper: 0.11mg (5.44%), Manganese: 0.11mg

(5.43%), Phosphorus: 52.21mg (5.22%), Magnesium: 10.52mg (2.63%), Fiber: 0.62g (2.48%), Zinc: 0.36mg (2.37%), Potassium: 76.53mg (2.19%), Selenium: 1.53µg (2.18%), Iron: 0.28mg (1.57%), Calcium: 15.43mg (1.54%)