



Coconut (Un-)Fried Shrimp

 Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 2 large egg whites
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon ground pepper red divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup orange marmalade
- ☐ 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 teaspoon salt

- ☐ 1.5 pounds shrimp deveined peeled (24)
- ☐ 0.5 cup coconut sweetened flaked
- ☐ 2 teaspoons coarse mustard whole

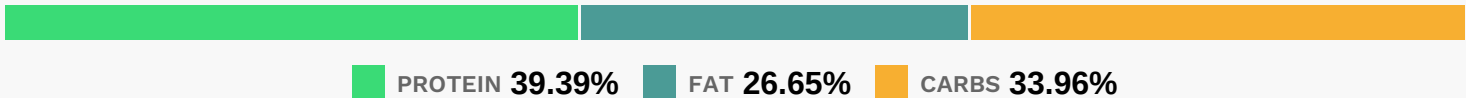
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Stir together first 3 ingredients and 1/4 teaspoon ground red pepper in a small bowl. Set sauce aside until ready to serve.
- ☐ Combine remaining 1/4 teaspoon ground red pepper and next 2 ingredients in a large zip-top plastic bag.
- ☐ Whisk together egg whites and 2 tablespoons water in a shallow dish.
- ☐ Combine panko, coconut, and oil in a separate shallow dish.
- ☐ Place shrimp in bag with flour mixture; shake to coat well. Dip shrimp in egg white mixture, and roll in coconut mixture.
- ☐ Place a wire rack inside a large baking pan. Coat baking rack with cooking spray. Arrange shrimp in a single layer on rack, and bake at 375 for 5 to 7 minutes or until golden brown and cooked through.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:4.34, Inflammation Score:-2, Nutrition Score:11.273913020673%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 388.71kcal (19.44%), Fat: 11.68g (17.97%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 33.48g (11.16%), Net Carbohydrates: 31.38g (11.41%), Sugar: 16.9g (18.78%), Cholesterol: 273.86mg (91.29%), Sodium: 672.09mg (29.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.84g (77.68%), Phosphorus: 408.64mg (40.86%), Copper: 0.76mg (38.09%), Magnesium: 75.54mg (18.88%), Zinc: 2.61mg (17.4%), Manganese: 0.34mg (16.86%), Selenium: 11.49µg (16.42%), Potassium: 564.82mg (16.14%), Calcium: 142.9mg (14.29%), Vitamin B1: 0.18mg (11.99%), Iron: 2.06mg (11.44%), Vitamin B2: 0.17mg (9.85%), Vitamin E: 1.34mg (8.93%), Fiber: 2.1g (8.38%), Folate: 30.3µg (7.58%), Vitamin B3: 1.35mg (6.74%), Vitamin K: 6µg (5.71%), Vitamin C: 2.61mg (3.17%), Vitamin A: 118.43IU (2.37%), Vitamin B6: 0.03mg (1.72%), Vitamin B5: 0.16mg (1.58%)