



Crispy Coconut Shrimp

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apricot preserves
- 1 cup coconut or shredded
- 1.5 cups coconut oil for frying
- 2 eggs
- 0.3 teaspoon ground cardamom
- 0.3 teaspoon ground ginger
- 0.3 cup orange marmalade
- 0.3 teaspoon salt

- 1 lb shells (with tail shells left on), deveined uncooked peeled
- 0.5 teaspoon soya sauce
- 1 tablespoon water
- 1 cup frangelico
- 1 cup frangelico

Equipment

- bowl
- frying pan
- paper towels
- whisk
- microwave

Directions

- In small microwavable bowl, microwave dipping sauce ingredients uncovered on High 30 to 50 seconds. Stir until blended; set aside.
- In small bowl, beat eggs with whisk or fork. In medium bowl, stir together Bisquick mix, coconut, ginger, cardamom and salt.
- In large skillet, heat oil over medium heat. Dip each shrimp into eggs, then into Bisquick mixture; dip again in eggs and in Bisquick mixture. Cook shrimp in batches in hot oil about 3 to 4 minutes, turning once, until coating is crisp and golden brown and shrimp are pink.
- Drain on paper towels.
- Serve shrimp hot with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:34.32, Inflammation Score:-3, Nutrition Score:16.826087021309%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 773.73kcal (38.69%), Fat: 26.76g (41.17%), Saturated Fat: 20.44g (127.74%), Carbohydrates: 118.6g (39.53%), Net Carbohydrates: 112.87g (41.04%), Sugar: 28.93g (32.14%), Cholesterol: 81.84mg (27.28%), Sodium: 252.34mg (10.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.55g (37.09%), Selenium: 81.07µg (115.82%), Manganese: 1.44mg (72%), Phosphorus: 283.55mg (28.35%), Copper: 0.48mg (23.85%), Fiber: 5.73g (22.93%), Magnesium: 71.36mg (17.84%), Zinc: 2.15mg (14.31%), Iron: 2.55mg (14.17%), Vitamin B6: 0.22mg (11.04%), Potassium: 384.15mg (10.98%), Vitamin B2: 0.19mg (10.89%), Vitamin B3: 2.12mg (10.58%), Folate: 38.7µg (9.68%), Vitamin B5: 0.9mg (8.97%), Vitamin B1: 0.13mg (8.41%), Calcium: 54.15mg (5.41%), Vitamin C: 3.7mg (4.49%), Vitamin A: 175.79IU (3.52%), Vitamin B12: 0.2µg (3.26%), Vitamin E: 0.46mg (3.09%), Vitamin D: 0.44µg (2.93%)