



## Crispy Coconut Shrimp

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 7 oz sweetened flaked coconut
- ☐ 0.8 cup cornstarch
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup cocktail sauce for serving
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 lb shrimp deveined peeled

- ☐ 1.5 teaspoons vegetable oil for frying plus more

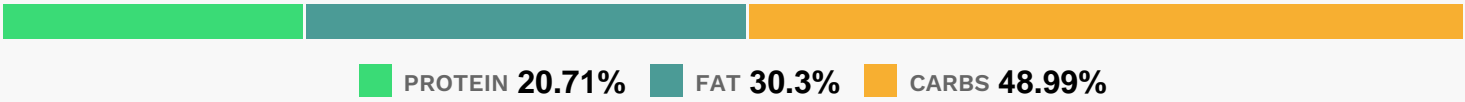
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ wax paper
- ☐ slotted spoon
- ☐ tongs
- ☐ skimmer

## Directions

- ☐ In a large bowl, whisk together flour, cornstarch, baking powder, salt and cayenne.
- ☐ Whisk in 13 Tbsp. cool water and oil until blended, thick and foamy. Set batter aside.
- ☐ Pour oil to about 1 1/2 inches deep in a large, deep skillet.
- ☐ Heat oil to 375F. Meanwhile, break up any lumps of coconut and spread out on a baking sheet lined with wax paper. Pat shrimp dry with paper towels. Dip shrimp, one at a time, into batter to coat completely; shake off excess and place on top of coconut.
- ☐ Roll each shrimp in coconut to coat; shake off excess and transfer to a wire rack.
- ☐ Slip shrimp into hot oil, 6 to 8 at a time, and cook for about 1 minute, or until golden brown and crisp; regulate heat to keep temperature at 375F.
- ☐ Transfer shrimp with a mesh skimmer, slotted spoon or tongs to a paper towel-lined baking sheet to drain. Repeat with remaining shrimp, keeping oil as clear as possible by scooping out debris with skimmer or a small strainer.
- ☐ Transfer shrimp to a serving platter and serve hot with cocktail sauce on the side.

## Nutrition Facts



## Properties

Glycemic Index:26.13, Glycemic Load:7.01, Inflammation Score:-1, Nutrition Score:6.7269565527854%

## Nutrients (% of daily need)

Calories: 263.15kcal (13.16%), Fat: 8.94g (13.75%), Saturated Fat: 7.47g (46.71%), Carbohydrates: 32.52g (10.84%), Net Carbohydrates: 29.83g (10.85%), Sugar: 8.42g (9.36%), Cholesterol: 91.29mg (30.43%), Sodium: 733.01mg (31.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.75g (27.49%), Manganese: 0.48mg (24.01%), Phosphorus: 196.81mg (19.68%), Copper: 0.35mg (17.66%), Calcium: 130.17mg (13.02%), Fiber: 2.69g (10.78%), Selenium: 6.83µg (9.75%), Iron: 1.67mg (9.3%), Magnesium: 31.32mg (7.83%), Zinc: 1.13mg (7.5%), Potassium: 253.74mg (7.25%), Vitamin B1: 0.11mg (7.25%), Folate: 28.03µg (7.01%), Vitamin B3: 0.84mg (4.18%), Vitamin B2: 0.06mg (3.76%), Vitamin B5: 0.13mg (1.26%), Vitamin C: 0.91mg (1.11%), Vitamin B6: 0.02mg (1.08%), Vitamin A: 52.01IU (1.04%)