



## Crispy Curried Coconut Shrimp

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



128 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons curry powder
- 2 egg whites
- 1.5 teaspoons kosher salt
- 8 servings lime wedges for garnish
- 0.5 cup panko bread crumbs
- 1 pound shrimp deveined peeled
- 1 cup coconut flakes shredded sweetened

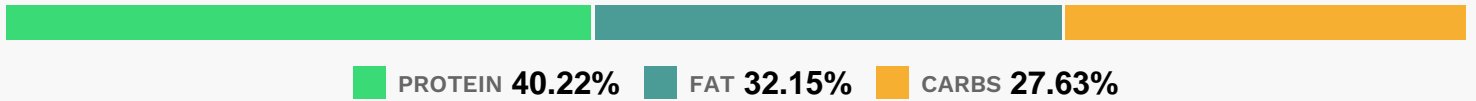
### Equipment

- food processor
- bowl
- frying pan
- oven

## Directions

- Watch how to make this recipe.
- Preheat oven to 375 degrees F.
- In a food processor, pulse the coconut until coarsely ground and transfer to a shallow bowl.
- Mix coconut with bread crumbs, curry powder, and salt, and set aside. Beat egg whites until slightly foamy. Dip shrimp in egg whites and coat with coconut mixture. Repeat to form a double coating.
- Place shrimp on rack placed within a sheet pan and bake for 10 minutes.
- Garnish with lime wedges and serve.

## Nutrition Facts



## Properties

Glycemic Index:4.63, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:4.8986956334632%

## Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

## Nutrients (% of daily need)

Calories: 128.44kcal (6.42%), Fat: 4.7g (7.23%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 7.89g (2.87%), Sugar: 5.2g (5.78%), Cholesterol: 91.29mg (30.43%), Sodium: 573.67mg (24.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.24g (26.47%), Manganese: 0.4mg (19.9%), Phosphorus: 146.1mg (14.61%), Copper: 0.28mg (14.07%), Magnesium: 31.79mg (7.95%), Zinc: 1.08mg (7.23%), Potassium: 231.43mg (6.61%), Selenium: 4.59µg (6.55%), Iron: 1.15mg (6.4%), Calcium: 53.13mg (5.31%), Fiber: 1.2g (4.8%), Vitamin B2: 0.05mg (3.22%), Vitamin B1: 0.04mg (2.94%), Vitamin B6: 0.05mg (2.65%), Vitamin E: 0.38mg (2.53%), Folate: 7.6µg (1.9%), Vitamin B3: 0.36mg (1.82%), Vitamin K: 1.78µg (1.7%), Vitamin B5: 0.12mg (1.18%)