



Ginger and Coconut Crusted Jumbo Shrimp

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



838 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon cayenne pepper
- 4 servings cilantro leaves as needed chopped
- 3 tablespoons cilantro leaves chopped
- 0.3 cup coconut milk
- 1 cup coconut milk
- 1 eggs
- 1 cup flour all-purpose
- 3 tablespoons ginger grated

- 0.3 teaspoon ground ginger
- 1 juice of lime juiced
- 8 shrimp deveined peeled
- 2 lime zest juiced
- 1.5 cups mango chutney store-bought
- 4 servings vegetable oil; peanut oil preferred for frying
- 1 pinch salt
- 4 servings salt and freshly cracked pepper black
- 0.5 teaspoon sugar
- 1 cup coconut or shredded unsweetened

Equipment

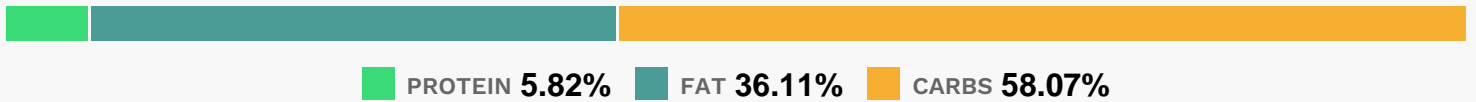
- bowl
- paper towels
- sauce pan
- whisk
- pot

Directions

- Watch how to make this recipe.
- In a deep-fryer or heavy-bottomed pot, heat enough peanut oil to come halfway up the sides of the pot, to 325 degrees F.
- In a large and shallow dish, whisk together the coconut milk, egg, grated ginger and flour to form a thick batter. To a second shallow dish, add in the shredded coconut. Dip the prawns in the batter, then roll them thoroughly in the coconut shreds. Drop them, in batches, into the peanut oil and fry until their exteriors are golden brown and crisp, about 4 to 5 minutes.
- Transfer them from the fryer to a platter lined with paper towels and immediately season them with salt and black pepper.
- Transfer the prawns to a serving platter and sprinkle with cilantro and lime juice.
- Serve them with the dipping sauce.

- In a small saucepan over medium heat, warm the mango chutney over low heat.
- Add the coconut milk and stir well to combine. Stir in the zest, lime juice, sugar, cayenne, ginger and salt. Continue cooking until the ingredients are fully incorporated and the sauce has warmed through.
- Add some chopped cilantro and remove the saucepan from the heat.
- Transfer the sauce to a serving bowl and serve with the Ginger and Coconut Crusted Jumbo Shrimp.

Nutrition Facts



Properties

Glycemic Index:134.27, Glycemic Load:68.05, Inflammation Score:-6, Nutrition Score:18.176521798839%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 15.08mg, Hesperetin: 15.08mg, Hesperetin: 15.08mg, Hesperetin: 15.08mg Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 837.62kcal (41.88%), Fat: 34.57g (53.19%), Saturated Fat: 27.59g (172.44%), Carbohydrates: 125.08g (41.69%), Net Carbohydrates: 117.88g (42.86%), Sugar: 64.99g (72.21%), Cholesterol: 73.12mg (24.37%), Sodium: 303.91mg (13.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.09%), Manganese: 1.52mg (75.97%), Iron: 5.77mg (32.04%), Copper: 0.64mg (31.97%), Selenium: 21.1µg (30.14%), Vitamin C: 24.84mg (30.1%), Fiber: 7.21g (28.82%), Phosphorus: 248.25mg (24.82%), Folate: 92.9µg (23.22%), Vitamin B1: 0.31mg (20.93%), Vitamin B2: 0.34mg (19.86%), Magnesium: 79.33mg (19.83%), Potassium: 554.77mg (15.85%), Vitamin B3: 2.64mg (13.22%), Zinc: 1.64mg (10.95%), Vitamin B6: 0.18mg (9.03%), Calcium: 81.76mg (8.18%), Vitamin B5: 0.72mg (7.21%), Vitamin E: 1.02mg (6.78%), Vitamin A: 210.95IU (4.22%), Vitamin K: 1.91µg (1.82%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)