



SHAKE 'N BAKE Coconut Shrimp

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



27 min.

SERVINGS



16

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tsp curry powder
- 1 eggs
- 0.7 cup baker's angel flake coconut toasted
- 0.3 tsp ground pepper red (cayenne)
- 1 lb shrimp with tails left on, deveined uncooked peeled
- 2 Tbsp water
- 1 pkt. shake 'n bake chicken coating mix

Equipment

- baking sheet
- oven
- whisk

Directions

- Heat oven to 400F.
- Combine first 4 ingredients in pie plate; set aside.
- Whisk egg and water in separate pie plate until blended.
- Dip shrimp, 1 at a time, in egg, then in coconut mixture, turning to completely coat both sides of each shrimp with egg before coating with coconut mixture; place on baking sheet sprayed with cooking spray. Press coating mixture firmly onto shrimp to secure.
- Bake 10 to 12 min. or until shrimp are done.

Nutrition Facts

 **PROTEIN 39.54%**  **FAT 57.99%**  **CARBS 2.47%**

Properties

Glycemic Index:2.31, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:5.057391355867%

Nutrients (% of daily need)

Calories: 154.26kcal (7.71%), Fat: 9.88g (15.21%), Saturated Fat: 4.2g (26.23%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.28g (0.31%), Cholesterol: 91.58mg (30.53%), Sodium: 72.45mg (3.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.16g (30.33%), Vitamin B3: 3.27mg (16.34%), Phosphorus: 143.91mg (14.39%), Selenium: 8.38µg (11.97%), Vitamin B6: 0.18mg (9.2%), Copper: 0.17mg (8.26%), Zinc: 1.12mg (7.44%), Manganese: 0.12mg (6.12%), Magnesium: 23.34mg (5.84%), Potassium: 190.35mg (5.44%), Vitamin B5: 0.5mg (5.04%), Vitamin B2: 0.07mg (4.34%), Iron: 0.78mg (4.34%), Vitamin B12: 0.17µg (2.87%), Calcium: 26.54mg (2.65%), Fiber: 0.63g (2.51%), Vitamin B1: 0.03mg (2.15%), Vitamin A: 94.44IU (1.89%), Vitamin E: 0.22mg (1.49%), Folate: 4.69µg (1.17%), Vitamin C: 0.85mg (1.03%)