



Shrimp Fried Rice in Coconut Cups

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



1052 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz regular crescent rolls refrigerated canned (8 Count)
- 1 cup coconut or shredded toasted
- 1 tablespoon olive oil
- 0.5 lb shells deveined uncooked peeled (tail shells removed)
- 0.5 teaspoon salt
- 1 Dash pepper
- 0.5 teaspoon garam masala
- 12 oz round buttery crackers frozen

- 1 cup pineapple fresh diced
- 1 tablespoon soya sauce
- 0.5 cup roasted cashews salted
- 2 tablespoons cilantro leaves fresh chopped

Equipment

- frying pan
- oven
- knife
- muffin liners

Directions

- Heat oven to 400°F. Unroll dough into 1 long rectangle on work surface; firmly press perforations to seal.
- Sprinkle coconut over dough, gently pressing coconut into dough. With sharp knife, cut dough into 8 equal squares. Press 1 square, coconut side down, into each of 8 ungreased regular-size muffin cups.
- Bake 8 to 10 minutes or until golden brown. Immediately use small cup to press dough down inside each crescent cup.
- Meanwhile, in large nonstick skillet, heat oil over medium-high heat.
- Sprinkle shrimp with salt, pepper and garam masala; add to skillet. Cook and stir until shrimp start to turn pink.
- Add frozen rice and vegetables, pineapple and soy sauce. Cook, stirring frequently, until shrimp are pink and rice mixture is steaming hot. Stir in cashews.
- Spoon hot shrimp-rice mixture evenly into crescent cups.
- Sprinkle with cilantro.

Nutrition Facts



PROTEIN 7.31% **FAT 42.86%** **CARBS 49.83%**

Properties

Glycemic Index:47.42, Glycemic Load:20.01, Inflammation Score:-6, Nutrition Score:26.28086960834%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 1051.71kcal (52.59%), Fat: 51.01g (78.48%), Saturated Fat: 17.89g (111.82%), Carbohydrates: 133.46g (44.49%), Net Carbohydrates: 126.7g (46.07%), Sugar: 20.35g (22.61%), Cholesterol: 0mg (0%), Sodium: 1855.02mg (80.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.13%), Manganese: 1.83mg (91.51%), Selenium: 43.85µg (62.64%), Vitamin K: 51.62µg (49.16%), Phosphorus: 455.14mg (45.51%), Copper: 0.79mg (39.45%), Iron: 7.02mg (39.01%), Vitamin B1: 0.51mg (33.99%), Vitamin B3: 5.85mg (29.24%), Fiber: 6.76g (27.03%), Magnesium: 103.99mg (26%), Vitamin E: 3.75mg (25.02%), Vitamin C: 20.43mg (24.77%), Folate: 96.82µg (24.21%), Vitamin B2: 0.32mg (18.71%), Zinc: 2.57mg (17.12%), Calcium: 160.11mg (16.01%), Potassium: 451.57mg (12.9%), Vitamin B6: 0.24mg (12.09%), Vitamin B5: 0.93mg (9.34%)