



Shrimp Martinis with Napa Cabbage Slaw

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup breadcrumbs soft
- ☐ 2 large eggs lightly beaten
- ☐ 8 servings lime wedges
- ☐ 8 servings napa cabbage
- ☐ 1.5 pounds shrimp fresh unpeeled
- ☐ 1 cup coconut sweetened flaked toasted
- ☐ 4 cups vegetable oil

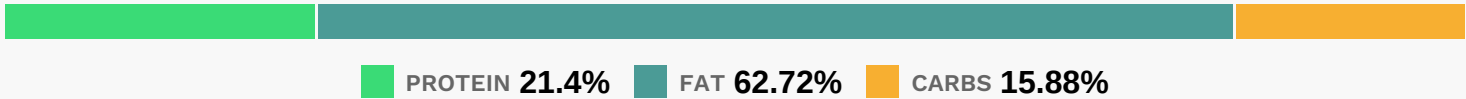
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Peel shrimp, leaving tails on; devein, if desired.
- ☐ Dip shrimp in egg. Stir together breadcrumbs and coconut; dredge shrimp in mixture.
- ☐ Pour oil into a Dutch oven; heat to 37
- ☐ Fry shrimp, in batches, over medium-high heat 2 minutes or until golden.
- ☐ Drain on paper towels.
- ☐ Spoon Napa Cabbage Slaw evenly into 8 martini glasses. Top each with 3 fried shrimp.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:9.309130386166%

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: 385.11kcal (19.26%), Fat: 27.12g (41.72%), Saturated Fat: 6.77g (42.31%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 13.75g (5%), Sugar: 4.82g (5.36%), Cholesterol: 183.43mg (61.14%), Sodium: 248.17mg (10.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.82g (41.65%), Vitamin K: 41.45µg (39.48%), Phosphorus: 240.12mg (24.01%), Copper: 0.41mg (20.42%), Manganese: 0.26mg (12.98%), Vitamin E: 1.93mg (12.86%), Selenium: 8.96µg (12.8%), Magnesium: 42.68mg (10.67%), Zinc: 1.58mg (10.5%), Vitamin B1: 0.14mg (9.19%), Potassium: 309.99mg (8.86%), Calcium: 88.4mg (8.84%), Iron: 1.49mg (8.26%), Fiber: 1.7g (6.8%), Vitamin B2: 0.11mg (6.7%), Folate: 21.51µg (5.38%), Vitamin B3: 0.99mg (4.93%), Vitamin B5: 0.28mg (2.84%), Vitamin B12: 0.16µg (2.64%), Vitamin B6: 0.04mg (2.18%), Vitamin D: 0.25µg (1.67%), Vitamin A: 71.18IU (1.42%)