



Spicy Coconut Shrimp

 Dairy Free

READY IN



24 min.

SERVINGS



20

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper red crushed
- ☐ 1 cup bread crumbs dry
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 24 medium shrimp deveined peeled
- ☐ 1 cup flake coconut sweetened

- ☐ 0.3 teaspoon tabasco
- ☐ 20 servings vegetable oil for frying

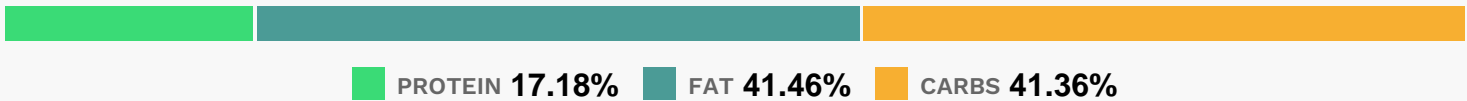
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ candy thermometer

Directions

- ☐ Pat shrimp dry. In a large bowl, mix flour with salt and pepper. In a separate bowl, beat eggs with Tabasco. In a third bowl, mix bread crumbs, coconut and red pepper. Line a large baking sheet with parchment.
- ☐ Pour enough oil to measure 1-inch deep in a large skillet. Warm over medium-high heat until a candy thermometer reads 370F.
- ☐ Working with one at a time, roll shrimp in seasoned flour, then dip in egg mixture. Allow excess to drip off, then press shrimp into coconut mixture until completely coated.
- ☐ Transfer to lined baking sheet. Keep refrigerated until ready to cook.
- ☐ Fry shrimp, a few at a time, until golden brown, turning once or twice, 3 to 4 minutes per batch.
- ☐ Drain on paper towels.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:5.35, Glycemic Load:3.46, Inflammation Score:-1, Nutrition Score:3.3191304357479%

Nutrients (% of daily need)

Calories: 105.97kcal (5.3%), Fat: 4.89g (7.52%), Saturated Fat: 1.8g (11.22%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 10.1g (3.67%), Sugar: 1.94g (2.16%), Cholesterol: 37.92mg (12.64%), Sodium: 192.39mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Selenium: 5.72µg (8.17%), Manganese: 0.15mg (7.34%), Vitamin B1: 0.1mg (6.95%), Phosphorus: 55.87mg (5.59%), Vitamin K: 5.73µg (5.46%), Folate: 19.73µg (4.93%), Vitamin B2: 0.08mg (4.54%), Iron: 0.79mg (4.38%), Copper: 0.09mg (4.38%), Vitamin B3: 0.77mg (3.86%), Fiber: 0.88g (3.52%), Magnesium: 10.9mg (2.73%), Zinc: 0.38mg (2.55%), Calcium: 22.39mg (2.24%), Vitamin E: 0.33mg (2.19%), Potassium: 73.9mg (2.11%), Vitamin B5: 0.14mg (1.41%), Vitamin A: 57IU (1.14%), Vitamin B6: 0.02mg (1.07%), Vitamin B12: 0.06µg (1.06%)