

# Baked Coconut Shrimp & Apricot Sauce

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## Servings: 6

*1 1/2 pounds uncooked large shrimp  
1 1/2 cups flaked coconut  
1/2 cup panko bread crumbs  
(Japanese)  
4 egg whites  
3 dashes Louisiana-style hot sauce  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/2 cup all-purpose flour  
SAUCE  
1 cup apricot preserves  
1 teaspoon cider vinegar  
1/4 teaspoon crushed red pepper  
flakes*

## Preparation Time: 25 minutes

### Bake: 10 minutes

Preheat the oven to 425 degrees.

Place a wire rack on each of two baking sheets.  
Coat the racks with cooking spray.

Peel and devein the shrimp leaving the tails on.

In a shallow bowl, toss the coconut with the bread crumbs. Remove half of the mixture and reserve. In a second shallow bowl, whisk the egg whites, hot sauce, salt and pepper. Place the flour in a third shallow bowl.

Dip the shrimp in flour to coat lightly; shake off the excess. Dip in the egg white mixture then in the coconut mixture, patting to help coat. Refresh the coconut mixture in the bowl with the reserved mixture as needed.

Place the shrimp on the racks of the prepared pans. Bake for 5 to 6 minutes on each side or until the coconut is lightly browned and the shrimp turn pink.

Meanwhile, combine the sauce ingredients in a small saucepan. Cook and stir over medium-low heat until the preserves are melted.

Serve the shrimp with the sauce.

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Per Serving (excluding unknown items): 178 Calories; trace Fat (1.0% calories from fat); 4g Protein; 43g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 147mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fat; 2 1/2 Other Carbohydrates.

Seafood

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	178	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	1.0%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	90.9%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	8.1%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	34mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	43g		
<b>Dietary Fiber (g):</b>	1g		
<b>Protein (g):</b>	4g		
<b>Sodium (mg):</b>	147mg		
<b>Potassium (mg):</b>	86mg		
<b>Calcium (mg):</b>	15mg		
<b>Iron (mg):</b>	1mg		
<b>Zinc (mg):</b>	trace		
<b>Vitamin C (mg):</b>	5mg		
<b>Vitamin A (i.u.):</b>	114IU		
<b>Vitamin A (r.e.):</b>	11 1/2RE		

## Food Exchanges

<b>Grain (Starch):</b>	1/2
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	0
<b>Other Carbohydrates:</b>	2 1/2

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 178 Calories from Fat: 2

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	147mg	6%
<b>Total Carbohydrates</b>	43g	14%
Dietary Fiber	1g	4%
<b>Protein</b>	4g	
<b>Vitamin A</b>		2%
<b>Vitamin C</b>		8%
<b>Calcium</b>		1%
<b>Iron</b>		4%

\* Percent Daily Values are based on a 2000 calorie diet.