

Coconut Shrimp

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St Lucie News-Tribune

Servings: 4

1 1/4 pounds raw extra-large shrimp, peeled and deveined (leave tails on)
1/2 cup low-fat buttermilk
1/2 cup shredded sweetened coconut
1/3 cup (7 crackers) crushed whole-wheat saltine crackers
1/4 teaspoon salt
1/4 teaspoon ground black pepper

Preheat the oven to 375 degrees.

Coat a large baking sheet with cooking spray.

Place the shrimp in a large bowl. Add the buttermilk and turn to coat.

In a shallow dish, combine the coconut, crushed crackers, salt and pepper. Mix to combine.

Remove the shrimp from the buttermilk and shake off the excess buttermilk.

Transfer the shrimp to the coconut mixture and turn to coat both sides, pressing the coconut mixture into the shrimp if necessary to create a nice crust.

Place the shrimp on the prepared pan. Bake 10 to 12 minutes until the shrimp are opaque and cooked through and the coconut coating is golden brown and crispy.

Per Serving (excluding unknown items): trace Calories; trace Fat (8.5% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 133mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	trace	Vitamin B6 (mg):	0mg
% Calories from Fat:	8.5%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates: 78.3%
 % Calories from Protein: 13.2%
 Total Fat (g): trace
 Saturated Fat (g): trace
 Monounsaturated Fat (g): trace
 Polyunsaturated Fat (g): trace
 Cholesterol (mg): 0mg
 Carbohydrate (g): trace
 Dietary Fiber (g): trace
 Protein (g): trace
 Sodium (mg): 133mg
 Potassium (mg): 2mg
 Calcium (mg): 1mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): trace
 Vitamin A (i.u.): trace
 Vitamin A (r.e.): 0RE

Thiamin B1 (mg): 0mg
 Riboflavin B2 (mg): trace
 Folic Acid (mcg): trace
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories trace Calories from Fat: 0

% Daily Values*

Total Fat trace 0%
 Saturated Fat trace 0%
Cholesterol 0mg 0%
Sodium 133mg 6%
Total Carbohydrates trace 0%
 Dietary Fiber trace 0%
Protein trace

Vitamin A 0%
Vitamin C 0%
Calcium 0%
Iron 0%

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