

Coconut Shrimp II

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 40 appetizers

2 1/4 pounds raw large shrimp (40 - 60 lb.) with tails intact, peeled and deveined

3 large eggs

1 tablespoon water

1/2 cup all-purpose flour

3 1/2 cups medium unsweetened coconut

cooking oil (for deep frying)

Cut the shrimp down the back, almost but not through to the other side. Press to flatten slightly.

In a small bowl, beat the eggs and water together with a fork. Dredge the shrimp in the flour. Dip the shrimp into the egg mixture. Dip into the coconut.

Deep fry, in batches, in hot cooking oil (375 degrees) for 1 to 2 minutes until golden. Remove to paper towels to drain.

Per Serving (excluding unknown items): 450 Calories; 16g Fat (32.0% calories from fat); 25g Protein; 49g Carbohydrate; 2g Dietary Fiber; 636mg Cholesterol; 212mg Sodium. Exchanges: 3 Grain(Starch); 2 1/2 Lean Meat; 1 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	450
% Calories from Fat:	32.0%
% Calories from Carbohydrates:	44.8%
% Calories from Protein:	23.2%
Total Fat (g):	16g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	636mg
Carbohydrate (g):	49g
Dietary Fiber (g):	2g
Protein (g):	25g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.9mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	168mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	3
Lean Meat:	2 1/2

Sodium (mg): 212mg
Potassium (mg): 268mg
Calcium (mg): 88mg
Iron (mg): 6mg
Zinc (mg): 2mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 732IU
Vitamin A (r.e.): 210RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 450 Calories from Fat: 144

% Daily Values*

Total Fat	16g	24%
Saturated Fat	5g	24%
Cholesterol	636mg	212%
Sodium	212mg	9%
Total Carbohydrates	49g	16%
Dietary Fiber	2g	7%
Protein	25g	
Vitamin A		15%
Vitamin C		0%
Calcium		9%
Iron		31%

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