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Mango Coconut Shrimp ♦

Mango Coconut Shrimp is a tropical dish that combines the sweetness of mango with the creaminess of coconut. It is a popular seafood recipe that is often enjoyed during summer. The shrimp is coated in a crispy coconut crust and served with a tangy mango dipping sauce. This dish is perfect for a beachside barbecue or a tropical-themed party.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Shrimp
100 g	Coconut Flakes
2 pieces	Egg
50 g	flour

200 g	Mango
30 ml	lime juice
30 g	honey
5 g	salt
5 g	pepper
100 ml	vegetable oil

Directions

Step 1

Preparation

Peel and devein the shrimp.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, whisk together the eggs, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, combine the coconut flakes and flour.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Coating

Dip each shrimp into the egg mixture, then coat it with the coconut-flour mixture.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Heating

Heat vegetable oil in a pan over medium heat.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Frying

Fry the coated shrimp in the hot oil until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Blending

In a blender, combine the mango, lime juice, honey, salt, and pepper. Blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Serving

Serve the crispy coconut shrimp with the mango dipping sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	50 mg	5%	5%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas

Thanksgiving

Barbecue

Picnic

Game Day

Cuisines

Italian

Chinese

French

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Meal Type

Dinner

Snack

Supper

Difficulty Level

Easy

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