

Nonstick cooking spray



Egg

2 egg whites
(beaten)



water

1 tbsp



Shrimp

large raw shrimp
(peeled and deveined)
1 lb (20- 30 shrimp)



Turmeric

1/2 tsp



wheat panko

1/2 cup whole-wheat
panko bread crumbs



Ground cumin

1/2 tsp



Salt

1/8 tsp



Ground coriander

1/2 tsp



Coconut flakes

1/4 cup unsweetened
coconut flakes



Ingredients

Air Fryer
Coconut Shrimp





Air Fryer
Coconut Shrimp



1. Pat the shrimp dry using paper towels.
Place the egg whites and water
in a shallow bowl, whisking to combine.

Directions





Air Fryer
Coconut Shrimp



2. Combine the panko bread crumbs, coconut, cumin, turmeric, coriander, and salt in another shallow bowl.

Directions



Air Fryer Coconut Shrimp



3. Dip the shrimp in the egg mixture, allowing the excess to drip back into the bowl, and then coat in the panko mixture. Place the coated shrimp on a wire rack. Repeat with all shrimp.

Directions





Amount per serving
180 Calories



Air Fryer Coconut Shrimp

2
SEC

4. Place the shrimp in a single layer in the air fryer basket. Spray the shrimp with nonstick cooking spray for 2 seconds.



Directions



Diabetes
360°



Amount per serving
180 Calories

Air Fryer Coconut Shrimp



4
MIN

Set the temperature to 400° F and air fry for 4 minutes. Turn the shrimp over. Air fry for 2 to 4 minutes, or until the shrimp are golden brown. Serve warm.

Directions



Diabetes
360°