



## Sweet & Cap'n Crunchy Coconut Shrimp



1/2 of recipe (about 8 shrimp): 242 calories, 4g total fat (2.5g sat. fat), 648mg sodium, 23g carbs, 2g fiber, 8.5g sugars, 26g protein

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**Prep:** 15 minutes    **Cook:** 10 minutes



### Ingredients

8 oz. (about 16) raw large shrimp, peeled, tails removed, deveined  
2 tbsp. all-purpose flour  
2/3 cup cup Cap'n Crunch cereal (original), finely crushed  
2 tbsp. sweetened shredded coconut  
1 tsp. garlic powder  
1 tsp. onion powder  
1/8 tsp. salt  
1/8 tsp. black pepper  
1/4 cup (about 2 large) egg whites or liquid egg substitute  
Optional dip: sweet Asian chili sauce

### Directions

Place shrimp in a large sealable bag or container. Add flour. Seal bag/container, and shake to coat.

In a wide bowl, combine crushed cereal, coconut, garlic powder, onion powder, salt, and pepper. Mix well.

Place egg whites/substitute in a second wide bowl. Coat shrimp with egg, followed by the cereal coating.

Spray an air fryer with non-aerosol nonstick spray. Place shrimp in the air fryer, and top with any remaining coating. Spray with nonstick spray.

Set air fryer to 390°F. Cook until golden brown and crispy, 5–7 minutes.

MAKES 2 SERVINGS

**Oven Alternative:** Bake at 400°F until golden brown and crispy, 8–10 minutes.

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