



## Sweet Coconut Crunch Shrimp



1/4th of recipe (about 5 shrimp): 164 calories, 4.5g total fat (3g sat fat), 266mg sodium, 12g carbs, 2g fiber, 3.5g sugars, 19.5g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**Prep:** 20 minutes    **Cook:** 15 minutes



Tagged: [Lunch & Dinner Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

### Ingredients

1/4 cup Fiber One Original bran cereal, finely crushed  
1/3 cup shredded sweetened coconut  
3 tbsp. panko breadcrumbs  
1/4 tsp. chili powder  
1/8 tsp. garlic powder  
1/8 tsp. black pepper  
Dash salt  
12 oz. (about 20) raw large shrimp, peeled, tails removed, deveined  
3 tbsp. fat-free liquid egg substitute

### Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

In a wide bowl, mix crushed cereal, coconut, panko breadcrumbs, and seasonings.

Place shrimp in a large bowl and pat dry. Top with egg substitute and toss to coat.

One at a time, shake shrimp to remove excess egg and coat with crumbs. Evenly lay on the baking sheet.

Bake until cooked through and crispy, 10 to 12 minutes. Serve and enjoy!

MAKES 4 SERVINGS

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.