



Instant Pot Air Fryer Keto Fried Shrimp

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

391 calories, 9.86 g carbohydrate, 5.1 g fiber, 4.76 g NET carbs, 44.38 g protein, 19.32 g fat

Ingredients

- 8 Tbsp(s) coconut flour
- 8 Tbsp(s) Pork Panko
- 1 pound wild shrimp, peeled and deveined
- 1 tsp baking powder
- 1/4 tsp(s) sea salt
- 1/8 tsp(s) black pepper
- 1 large egg
- 1/2 Tbsp(s) dried parsley
- 1 Tbsp extra virgin olive oil

Preparation

1. In a shallow bowl, mix baking powder, coconut flour, pork rinds, salt, and black pepper and parsley. In another bowl, whisk the egg.
2. Dip each shrimp into the beaten egg and then into breading mixture. Place the prepared shrimp in the air fryer basket in a single layer.
3. Drizzle the shrimp with half the olive oil.
4. Cook at 370 degrees for 4 minutes per side.
5. Flip the shrimp, drizzle the remaining olive oil and cook 4 minutes more to golden brown.

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