



Amalfi-style prawns

 Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil extra-virgin
- ☐ 2 garlic cloves crushed finely
- ☐ 12 mint leaves chopped
- ☐ 450 g prawns raw peeled
- ☐ 50 g breadcrumbs dry
- ☐ 4 servings lemon wedges

Equipment

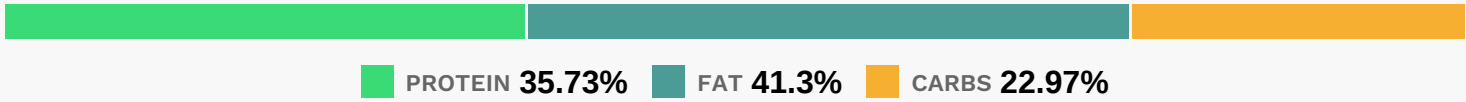
- ☐ bowl

- ☐ baking sheet
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak about 20 wooden skewers.
- ☐ Put the olive oil, garlic, most of the mint (save some for serving) and prawns in a medium bowl and season well. Toss to coat evenly, then chill and marinate for 1 hr.
- ☐ Heat the grill to medium. Thread 3–5 prawns onto each skewer.
- ☐ Place the breadcrumbs on a plate. Shake any excess marinade off the prawns, then press the breadcrumbs all over.
- ☐ Place all the skewers on a lightly oiled baking sheet, then place under the grill. Depending on the size of the prawns, cook on each side for around 2 mins, until the breadcrumbs are golden and the prawns have turned pink. Watch them closely as they cook very quickly. Scatter with mint; serve 5 per person with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:11.009130467539%

Flavonoids

Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 195.76kcal (9.79%), Fat: 8.84g (13.6%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 10.2g (3.71%), Sugar: 0.81g (0.91%), Cholesterol: 141.75mg (47.25%), Sodium: 729.59mg (31.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.2g (34.4%), Selenium: 36.67µg (52.38%), Phosphorus:

299.77mg (29.98%), Vitamin B12: 1.29µg (21.54%), Vitamin E: 2.51mg (16.7%), Vitamin B3: 2.89mg (14.46%), Copper: 0.25mg (12.57%), Vitamin B6: 0.22mg (10.98%), Manganese: 0.21mg (10.41%), Vitamin B1: 0.15mg (9.95%), Folate: 38.33µg (9.58%), Calcium: 93.96mg (9.4%), Zinc: 1.32mg (8.83%), Magnesium: 32.98mg (8.25%), Vitamin A: 330.3IU (6.61%), Iron: 1.06mg (5.91%), Vitamin K: 5.4µg (5.14%), Potassium: 176.16mg (5.03%), Vitamin B2: 0.08mg (4.53%), Vitamin B5: 0.44mg (4.39%), Fiber: 0.86g (3.45%), Vitamin C: 1.95mg (2.37%)