



Avocado, prawn & fennel cocktails



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



288 kcal

SIDE DISH

Ingredients

- ☐ 4 tbsp olive oil extra-virgin
- ☐ 1 segented orange
- ☐ 1 juice of lemon
- ☐ 1 fennel bulb trimmed halved finely sliced
- ☐ 1 avocado peeled sliced quartered
- ☐ 200 g king prawn cooked
- ☐ 3 spring onion sliced
- ☐ 55 g rocket wild

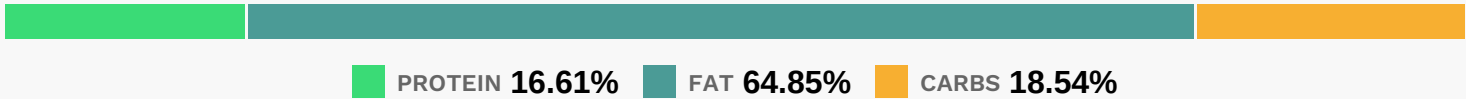
Equipment

☐ bowl

Directions

- ☐ Make the dressing by mixing the oil and citrus juices together in a small bowl with some salt and pepper, then set aside.
- ☐ In a bowl, toss all the other ingredients, except the rocket, together with the orange segments and half of the dressing. Scatter the rocket leaves into 4 Martini glasses or small bowls, pile the salad into the centre, then drizzle with the remaining dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:47.88, Glycemic Load:3.01, Inflammation Score:-7, Nutrition Score:15.869130507759%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 10.01mg, Hesperetin: 10.01mg, Hesperetin: 10.01mg, Hesperetin: 10.01mg Naringenin: 5.12mg, Naringenin: 5.12mg, Naringenin: 5.12mg, Naringenin: 5.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 288.15kcal (14.41%), Fat: 21.92g (33.73%), Saturated Fat: 3.13g (19.55%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 7.66g (2.78%), Sugar: 6.37g (7.08%), Cholesterol: 80.5mg (26.83%), Sodium: 98.94mg (4.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.27%), Vitamin K: 89.34µg (85.08%), Vitamin C: 36.13mg (43.79%), Fiber: 6.44g (25.77%), Vitamin E: 3.57mg (23.83%), Potassium: 760.62mg (21.73%), Folate: 86.92µg (21.73%), Copper: 0.36mg (18.17%), Phosphorus: 178.04mg (17.8%), Magnesium: 54.01mg (13.5%), Manganese: 0.27mg (13.36%), Vitamin A: 641.91IU (12.84%), Calcium: 108.86mg (10.89%), Vitamin B5: 0.99mg (9.92%), Vitamin B6: 0.2mg (9.76%), Zinc: 1.24mg (8.23%), Iron: 1.41mg (7.86%), Vitamin B3: 1.44mg (7.19%), Vitamin

B2: 0.12mg (6.9%), Vitamin B1: 0.08mg (5.39%), Selenium: 0.88µg (1.25%)