

Avocado Prawns

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocados with pits removed halved
- 1 tablespoon flat parsley italian chopped
- 0.5 teaspoon garlic chopped
- 1 pinch ground pepper black to taste
- 0.5 lemon zest juiced
- 1.5 tablespoons olive oil
- 0.5 pound prawns deveined peeled
- 1 teaspoon salt

0.5 teaspoon sugar white

Equipment

bowl

frying pan

Directions

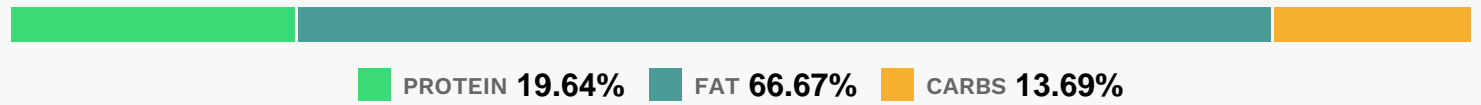
Mash the avocados, lemon zest, lemon juice, sugar, and parsley together in a bowl. Set aside.

Heat the olive oil in a skillet over medium–low heat; cook the garlic in the hot oil until slightly browned, about 5 minutes.

Add the prawns and increase heat to medium. Season with salt and pepper. Cook and stir the prawns over medium heat until they begin to change color. Reduce heat to low. Stir the avocado mixture into the prawns; cook until the avocado is completely heated, about 2 minutes.

Garnish with a little bit of black pepper to serve.

Nutrition Facts



Properties

Glycemic Index:102.05, Glycemic Load:2.26, Inflammation Score:-7, Nutrition Score:23.728261040605%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 517.33kcal (25.87%), Fat: 40.65g (62.54%), Saturated Fat: 5.85g (36.56%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 5.07g (1.84%), Sugar: 2.41g (2.68%), Cholesterol: 182.57mg (60.86%), Sodium: 1313.32mg (57.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.9%), Vitamin K: 81.43µg (77.55%), Fiber:

13.72g (54.88%), Copper: 0.83mg (41.68%), Folate: 166.08µg (41.52%), Vitamin E: 5.69mg (37.95%), Potassium: 1291.74mg (36.91%), Phosphorus: 349.76mg (34.98%), Vitamin C: 24.93mg (30.22%), Vitamin B5: 2.81mg (28.1%), Vitamin B6: 0.53mg (26.52%), Magnesium: 99.51mg (24.88%), Zinc: 2.84mg (18.96%), Vitamin B3: 3.54mg (17.68%), Manganese: 0.35mg (17.4%), Vitamin B2: 0.27mg (15.62%), Iron: 1.92mg (10.66%), Calcium: 103.88mg (10.39%), Vitamin B1: 0.14mg (9.26%), Vitamin A: 463.03IU (9.26%), Selenium: 0.93µg (1.33%)