



HEALTH SCORE

60%

Avocado prawns in wasabi dressing



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tsp wasabi paste
- ☐ 4 tbsp olive oil
- ☐ 2 tbsp juice of lime
- ☐ 1 tsp clear honey
- ☐ 2 large but avocados firm ripe
- ☐ 250 g pack prawns chilled peeled
- ☐ 2 heads chicory red separated
- ☐ 3 sprigs watercress

☐ 6 servings prawn crackers

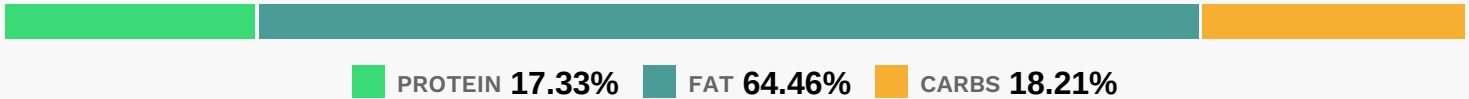
Equipment

☐ bowl

Directions

- ☐ In a large bowl, mix dressing ingredients until blended. Season with salt, then set aside.
- ☐ To serve, halve and stone the avocados. Dice the flesh while its still in the skin then scoop into a bowl.
- ☐ Add the prawns and toss in the dressing. Line six small serving bowls or tumblers with two or three chicory leaves. Pile in avocado and prawn mixture. Top with watercress and lime wedges.
- ☐ Serve with prawn crackers.

Nutrition Facts



Properties

Glycemic Index:28.21, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:23.484782783881%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 15.44mg, Kaempferol: 15.44mg, Kaempferol: 15.44mg, Kaempferol: 15.44mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 258.22kcal (12.91%), Fat: 19.72g (30.33%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 3.23g (1.18%), Sugar: 1.86g (2.07%), Cholesterol: 68.69mg (22.9%), Sodium: 89.59mg (3.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.92g (23.85%), Vitamin K: 369.34µg (351.76%), Vitamin A: 3391.29IU (67.83%), Folate: 268.21µg (67.05%), Manganese: 0.75mg (37.53%), Fiber: 9.3g (37.19%), Potassium:

928.73mg (26.54%), Vitamin C: 19.19mg (23.26%), Vitamin B5: 2.29mg (22.95%), Vitamin E: 3.41mg (22.76%),
Copper: 0.45mg (22.4%), Phosphorus: 170.98mg (17.1%), Zinc: 2.22mg (14.8%), Magnesium: 58.7mg (14.67%),
Vitamin B2: 0.2mg (12.01%), Calcium: 117.84mg (11.78%), Vitamin B1: 0.17mg (11.3%), Iron: 1.92mg (10.65%), Vitamin
B6: 0.21mg (10.53%), Vitamin B3: 1.79mg (8.95%)