



Barbecued prawns with chilli, lime & coriander butter

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kg tiger prawns raw unpeeled
- ☐ 1 large garlic clove
- ☐ 1 small bunch cilantro leaves roughly chopped
- ☐ 1 to 5 chillies red deseeded chopped
- ☐ 1 juice of lime
- ☐ 200 g butter softened

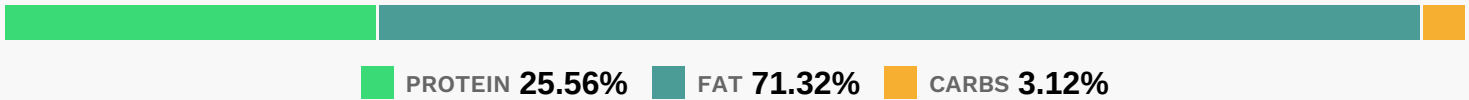
Equipment

- ☐ food processor
- ☐ aluminum foil

Directions

- ☐ To make the butter, put the garlic, coriander, chilli and lime juice in a food processor and pulse until chopped but not sludgy.
- ☐ Remove 1 tbsp of the mix, toss with the prawns and set aside in the fridge.
- ☐ Add the butter and some seasoning to the food processor, and pulse again until everything is combined. Scrape out onto a sheet of foil, roll into a sausage and put in the freezer to harden.
- ☐ Fire up the barbecue. When the coals have just turned white, cook the prawns for 3–4 mins on each side until they turn pink. Lift them off the barbecue onto a platter and, while still sizzling hot, melt thin slices of about half the butter over the prawns. Melt the remaining butter and serve with the prawns to dip into, and lime wedges for squeezing over.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:0.46, Inflammation Score:-8, Nutrition Score:21.137825945149%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 543.95kcal (27.2%), Fat: 43.14g (66.38%), Saturated Fat: 25.99g (162.46%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 3.98g (1.45%), Sugar: 0.78g (0.86%), Cholesterol: 422.5mg (140.83%), Sodium: 1738.71mg (75.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.78g (69.56%), Selenium: 74.69µg (106.7%), Phosphorus: 630mg (63%), Vitamin B12: 2.86µg (47.67%), Vitamin A: 1945.38IU (38.91%), Vitamin E: 4.6mg (30.7%), Copper: 0.48mg (23.91%), Vitamin B6: 0.48mg (23.8%), Vitamin C: 19.19mg (23.26%), Vitamin B3: 4.64mg (23.22%), Zinc: 2.52mg (16.83%), Calcium: 152.32mg (15.23%), Magnesium: 59.9mg (14.97%), Folate: 53.6µg (13.4%), Vitamin K: 12.08µg (11.51%), Potassium: 352.93mg (10.08%), Vitamin B5: 0.88mg (8.78%), Manganese: 0.12mg (5.8%), Vitamin B1: 0.07mg (4.35%), Vitamin B2: 0.07mg (4.08%), Iron: 0.71mg (3.92%), Vitamin D: 0.25µg (1.67%), Fiber: 0.27g (1.08%)