



Beach bar special



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 eggs
- ☐ 2 tbsp olive oil
- ☐ 3 tbsp juice of lime
- ☐ 2 tbsp chilli sauce sweet blue (try Dragon best)
- ☐ 2 spring onion
- ☐ 1 little gem lettuce
- ☐ 198 g sweetcorn with peppers, drained canned
- ☐ 140 g cherry tomatoes halved

☐ 125 g pack tiger prawns cooked peeled

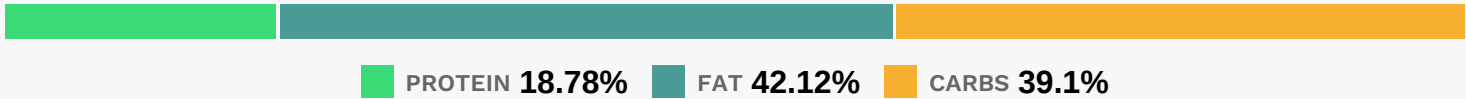
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ GET THE EGGS COOKING: Bring a small pan of water to the boil. Gently lower in the eggs and boil for 8 minutes, then lift them out and plunge them into a bowl of cold water until you need them.
- ☐ Whisk together the olive oil, lime juice and sweet chilli sauce in a small bowl. Finely slice the spring onions on the diagonal, then mix them into the dressing.
- ☐ LAYER UP THE DISH: Shell the eggs and slice into rounds. Pull the lettuce apart and divide the leaves between two plates. Spoon the sweetcorn on top of the lettuce and scatter the tomato halves on top. Finish with the prawns and egg slices and douse everything with the chilli dressing.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:11.92, Inflammation Score:-9, Nutrition Score:27.744347675987%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 420.91kcal (21.05%), Fat: 20.9g (32.15%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 43.64g (14.55%), Net Carbohydrates: 37.04g (13.47%), Sugar: 20.5g (22.77%), Cholesterol: 242.43mg (80.81%), Sodium: 624.52mg

(27.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.97g (41.93%), Vitamin K: 101.03µg (96.22%), Vitamin A: 2436.55IU (48.73%), Selenium: 32.92µg (47.03%), Vitamin C: 37.96mg (46.01%), Phosphorus: 396.94mg (39.69%), Folate: 152.51µg (38.13%), Manganese: 0.63mg (31.47%), Vitamin E: 4.38mg (29.23%), Potassium: 939.34mg (26.84%), Fiber: 6.6g (26.42%), Vitamin B6: 0.5mg (24.87%), Vitamin B2: 0.36mg (21.33%), Vitamin B5: 2.02mg (20.25%), Magnesium: 74.14mg (18.53%), Vitamin B12: 1.09µg (18.09%), Vitamin B3: 3.61mg (18.05%), Vitamin B1: 0.27mg (18.01%), Iron: 3.2mg (17.8%), Copper: 0.33mg (16.49%), Zinc: 2.35mg (15.7%), Calcium: 129.5mg (12.95%), Vitamin D: 0.94µg (6.28%)