



Buttery chilli prawns

READY IN



23 min.

SERVINGS



2

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 25 g butter
- ☐ 2 tbsp olive oil
- ☐ 3 garlic clove finely chopped
- ☐ 1 to 5 chillies red finely chopped
- ☐ 0.5 tsp paprika sweet
- ☐ 12 large shrimp raw with shells
- ☐ 3 juice of lemon for a finger bowl
- ☐ 0.5 parsley roughly chopped
- ☐ 1 small loaf top warmed

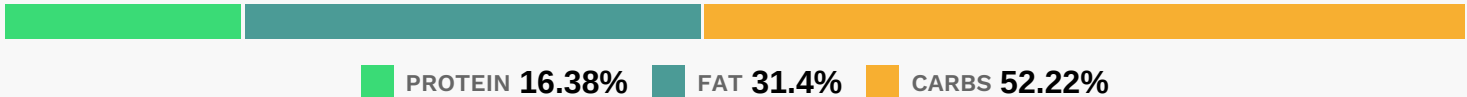
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt the butter and oil together in a frying pan.
- ☐ Add the garlic, chilli and paprika, then fry for 1–2 mins until starting to turn golden. Turn up the heat, throw in the prawns and fry for a few mins, stirring, until all the prawns turn pink. Take off the heat, season and stir in the lemon juice and parsley.
- ☐ Add some lemon slices to a finger bowl of warm water, grab a bowl for the shells, then dig straight in with your fingers and hunks of crusty bread.

Nutrition Facts



Properties

Glycemic Index:126.25, Glycemic Load:81.2, Inflammation Score:-9, Nutrition Score:33.264348013246%

Flavonoids

Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg, Eriodictyol: 2.2mg Hesperetin: 6.51mg, Hesperetin: 6.51mg, Hesperetin: 6.51mg, Hesperetin: 6.51mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 835.49kcal (41.77%), Fat: 29.58g (45.51%), Saturated Fat: 9.52g (59.49%), Carbohydrates: 110.67g (36.89%), Net Carbohydrates: 105.52g (38.37%), Sugar: 11.67g (12.97%), Cholesterol: 123.47mg (41.16%), Sodium: 1359.78mg (59.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.42%), Vitamin B1: 1.46mg (97.23%), Selenium: 58.15µg (83.08%), Folate: 261.31µg (65.33%), Vitamin C: 51.49mg (62.41%), Manganese: 1.2mg (59.94%), Vitamin B2: 0.9mg (52.69%), Vitamin B3: 10.05mg (50.26%), Iron: 8.68mg (48.21%), Phosphorus: 363.27mg (36.33%), Copper: 0.59mg (29.61%), Magnesium: 95.26mg (23.82%), Vitamin B6: 0.42mg (20.78%), Vitamin E: 3.1mg (20.66%), Fiber: 5.15g (20.6%), Zinc: 3.05mg (20.35%), Vitamin K: 18.43µg (17.55%), Calcium: 161.02mg (16.1%), Vitamin A: 797.01IU (15.94%), Potassium: 545.17mg (15.58%), Vitamin B5: 0.83mg (8.26%)