



Chorizo & prawn skewers

 Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 chorizo sausage cut mini cut into 12 pieces)
- ☐ 12 shrimp raw shelled
- ☐ 1 tsp harissa
- ☐ 0.5 garlic clove crushed
- ☐ 2.5 tbsp mayonnaise
- ☐ 2.5 tbsp greek yogurt
- ☐ 1 tbsp parsley chopped

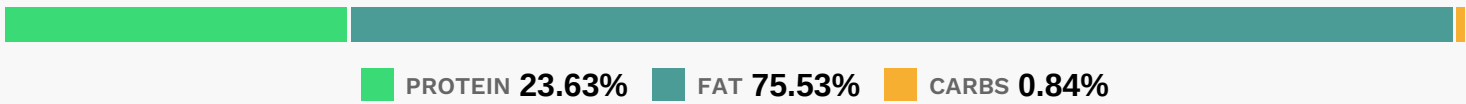
Equipment

- ☐ bowl
- ☐ oven
- ☐ skewers

Directions

- ☐ Heat oven to 200C/180C fan/gas 6 and cook the chorizo on a tray for 12 mins. Meanwhile, mix together the prawns and harissa. In a bowl, combine the garlic, mayo and yogurt to make a dip.
- ☐ Turn the chorizo, add the prawns to the tray and cook for 3 mins more.
- ☐ Sprinkle the parsley over the prawns, then thread each onto a skewer, followed by a sausage.
- ☐ Serve with the dip.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:3.0213043294523%

Flavonoids

Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 180.81kcal (9.04%), Fat: 14.58g (22.43%), Saturated Fat: 7.93g (49.55%), Carbohydrates: 0.37g (0.12%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.18g (0.2%), Cholesterol: 80.28mg (26.76%), Sodium: 82.7mg (3.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.26g (20.53%), Vitamin C: 17.58mg (21.31%), Vitamin A: 523.19IU (10.46%), Vitamin K: 9.93µg (9.46%), Iron: 1.08mg (5.99%), Selenium: 3.36µg (4.8%), Phosphorus: 29.85mg (2.98%), Calcium: 28.8mg (2.88%), Vitamin B12: 0.14µg (2.27%), Vitamin E: 0.24mg (1.58%), Vitamin B6: 0.02mg (1.04%), Copper: 0.02mg (1.03%)