



Citrus and Almond Prawns Wrapped in Knafe Pastry

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup almonds flaked toasted
- 1 lb dough
- 1 lemon zest
- 1 lime zest
- 1 orange zest
- 4 servings vegetable oil; peanut oil preferred for deep-frying
- 20 medium shrimp fresh with tails intact shelled cleaned

4 servings salt and pepper

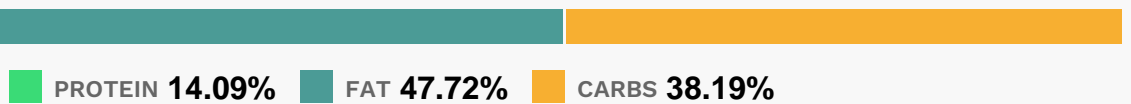
Equipment

- bowl
- sauce pan
- tongs

Directions

- Spread the knafe dough on a working surface and cover with a damp cloth. In a small bowl, mix the almonds with the lemon, orange and lime zests. Season the prawn with salt and pepper and open the backs. Take a pinch of the almond mixture and place in the open area of the prawn. Close together to encase the filling and continue until all prawns are filled.
- Take a few strands of the knafe pastry dough, lay them down flat and spread away from you.
- Place a filled prawn at the end closest to you and roll the dough around the prawn, ensuring the filling does not come out. Leave the tails exposed. It will look like a cocoon. Proceed to wrap all the prawns in the same way. Keep covered until ready to fry.
- Heat the oil in a heavy-bottomed saucepan to 350°F. Using tongs, gently lower the wrapped prawn in the hot oil, one at a time. Don't let go of the rolled prawn with the tongs in the oil until it holds together. Fry about 5 at a time until golden and crisp.
- Remove and place on absorbent paper.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index: 20, Glycemic Load: 22.59, Inflammation Score: -7, Nutrition Score: 25.030434512574%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 7.2mg

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 720.95kcal (36.05%), Fat: 38.94g (59.91%), Saturated Fat: 5.45g (34.04%), Carbohydrates: 70.12g (23.37%), Net Carbohydrates: 62.55g (22.75%), Sugar: 2.1g (2.34%), Cholesterol: 80.5mg (26.83%), Sodium: 801.88mg (34.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.86g (51.73%), Vitamin E: 11.49mg (76.59%), Manganese: 1.38mg (68.75%), Vitamin B2: 0.8mg (47.15%), Vitamin B1: 0.7mg (46.42%), Selenium: 28µg (39.99%), Phosphorus: 367.83mg (36.78%), Copper: 0.69mg (34.67%), Magnesium: 132.93mg (33.23%), Fiber: 7.57g (30.28%), Vitamin B3: 5.98mg (29.9%), Iron: 5.37mg (29.83%), Folate: 117.96µg (29.49%), Zinc: 2.37mg (15.82%), Calcium: 153.13mg (15.31%), Potassium: 503.85mg (14.4%), Vitamin C: 10.89mg (13.2%), Vitamin B5: 0.57mg (5.66%), Vitamin B6: 0.1mg (4.9%), Vitamin K: 3.03µg (2.89%)