



 1%
HEALTH SCORE

Crispy Tiger Prawns With Honey and Garlic Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 large tiger prawns peeled (leave tails intact)
- 3 teaspoons cornstarch
- 2 teaspoons water
- 2 teaspoons soy sauce light
- 1 egg yolk lightly beaten
- 1 teaspoon sesame oil
- 3 servings vegetable oil for deep-frying

- 1 spring onion sliced (green onion) (for garnish)
- 2 tablespoons honey
- 2 tablespoons sherry dry
- 2 garlic clove diced finely
- 5 teaspoons soy sauce light

Equipment

- bowl
- wok
- slotted spoon

Directions

- Blend cornflour and water until dissolved
- Add prawns, soy sauce, egg and sesame oil and mix well
- Combine honey & garlic sauce ingredients in a bowl and set aside
- Heat oil on high heat in a wok until the surface shimmers slightly
- Deep-fry half the prawns for 1 minute
- Remove with a slotted spoon and drain on kitchen paper
- Repeat with the rest of the prawns
- Drain the oil from the wok (you can save it for later in a jar)
- Wipe the wok clean with kitchen paper
- Heat the same wok to moderate heat and add the honey & garlic sauce ingredients
- Simmer for about 1 minutes
- Add the prawns till they are hot and just cooked through
- Garnish with spring onion and serve immediately.

Nutrition Facts



PROTEIN 9.71% **FAT 64.13%** **CARBS 26.16%**

Properties

Glycemic Index:53.09, Glycemic Load:6.4, Inflammation Score:-2, Nutrition Score:6.0095652173913%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Taste

Sweetness: 82.81%, Saltiness: 21.56%, Sourness: 18.24%, Bitterness: 10.99%, Savoriness: 10.98%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 242.47kcal (12.12%), Fat: 17.19g (26.45%), Saturated Fat: 2.93g (18.31%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 15.48g (5.63%), Sugar: 11.97g (13.31%), Cholesterol: 94.2mg (31.4%), Sodium: 919.37mg (39.97%), Alcohol: 1.03g (5.72%), Protein: 5.86g (11.71%), Vitamin K: 34.39µg (32.76%), Selenium: 10.86µg (15.52%), Vitamin E: 1.65mg (11%), Phosphorus: 105.69mg (10.57%), Manganese: 0.14mg (7.19%), Vitamin B12: 0.38µg (6.27%), Vitamin B6: 0.12mg (6.11%), Vitamin B3: 1.03mg (5.16%), Folate: 18.71µg (4.68%), Copper: 0.08mg (4.11%), Iron: 0.74mg (4.1%), Vitamin B2: 0.07mg (4.04%), Magnesium: 13.71mg (3.43%), Zinc: 0.51mg (3.38%), Vitamin A: 168.58IU (3.37%), Vitamin B5: 0.33mg (3.33%), Calcium: 31.52mg (3.15%), Potassium: 96.09mg (2.75%), Vitamin D: 0.35µg (2.32%), Vitamin B1: 0.03mg (2.01%), Vitamin C: 1.45mg (1.75%), Fiber: 0.3g (1.22%)