



## Crunchy Prawn Skewers With Lemony Avocado Dip

READY IN



45 min.

SERVINGS



4

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 avocado
- 125 ml crème fraîche
- 1 juice of lemon
- 400 grams breadcrumbs
- 36 medium shrimp deveined
- 30 ml olive oil
- 12 bamboo skewers

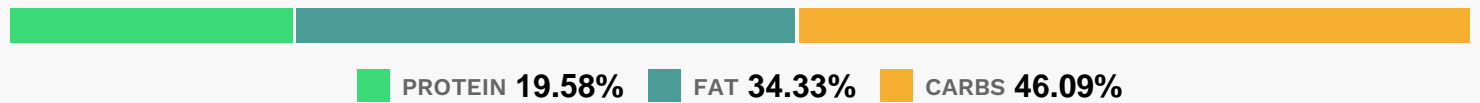
## Equipment

- food processor
- grill
- skewers

## Directions

- Combine the avocado, crme fraiche and lemon juice in a food processor until smooth. Season to taste and set aside.
- Combine the breadcrumbs and zest, and season well.
- Coat the prawns in olive oil and toss with the breadcrumbs. Thread three prawns onto each skewer.
- Grill for 2 minutes on each side, or until crisp and golden, and serve immediately with the dip.
- TIP: Soak the skewers in cold water for at least an hour beforehand to prevent them burning.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:25.208695652174%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Taste

Sweetness: 30.48%, Saltiness: 4.73%, Sourness: 27.39%, Bitterness: 19.45%, Savoriness: 1.9%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 674.8kcal (33.74%), Fat: 25.92g (39.87%), Saturated Fat: 6.38g (39.9%), Carbohydrates: 78.29g (26.1%), Net Carbohydrates: 70.36g (25.58%), Sugar: 7.81g (8.68%), Cholesterol: 162.82mg (54.27%), Sodium: 852.46mg (37.06%), Protein: 33.26g (66.53%), Vitamin B1: 1.01mg (67.29%), Manganese: 1.03mg (51.45%), Phosphorus: 408.17mg (40.82%), Selenium: 26.55µg (37.93%), Folate: 151.12µg (37.78%), Vitamin B3: 7.55mg (37.74%), Copper: 0.71mg (35.62%), Fiber: 7.93g (31.72%), Iron: 5.65mg (31.39%), Vitamin B2: 0.52mg (30.66%), Calcium: 278.07mg (27.81%), Magnesium: 92.68mg (23.17%), Potassium: 725.48mg (20.73%), Vitamin K: 21.73µg (20.7%), Zinc: 3.1mg (20.67%), Vitamin E: 2.25mg (15.01%), Vitamin B5: 1.36mg (13.65%), Vitamin B6: 0.27mg (13.51%), Vitamin C: 8.23mg (9.98%), Vitamin B12: 0.41µg (6.9%), Vitamin A: 263.47IU (5.27%)