



## Fiery prawn skewers



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 250 g shrimp raw
- ☐ 250 g cherry tomatoes
- ☐ 295 g barbecue sauce
- ☐ 1 juice of lime
- ☐ 1 thyme leaves leaves picked

## Equipment

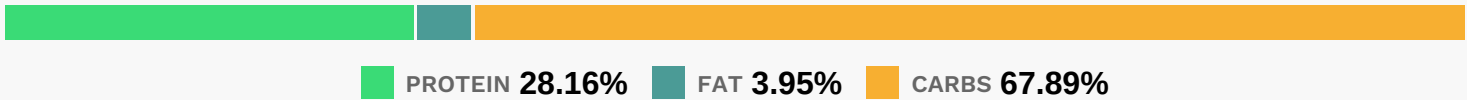
- ☐ pot
- ☐ baking pan

- ☐ grill
- ☐ skewers

## Directions

- ☐ Alternate prawns and tomatoes onto 8 skewers until all are filled.
- ☐ Lay the skewers in a shallow tray or baking dish.
- ☐ Mix the Fiery guava or sweet chilli dipping sauce with the lime juice and thyme leaves, then pour over the skewers. Leave in the fridge to marinate for 30 mins.
- ☐ Place the prawns onto a baking tray and pop under a hot grill or over the barbecue for about 10 mins, turning and basting occasionally. Once cooked, serve with an extra pot of Fiery guava sauce for dipping.

## Nutrition Facts



## Properties

Glycemic Index:11.25, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:6.7373912697253%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 193.35kcal (9.67%), Fat: 0.86g (1.33%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 33.29g (11.1%), Net Carbohydrates: 32.12g (11.68%), Sugar: 26.17g (29.08%), Cholesterol: 100.63mg (33.54%), Sodium: 841.05mg (36.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.81g (27.61%), Vitamin C: 17.34mg (21.02%), Copper: 0.35mg (17.39%), Phosphorus: 167.32mg (16.73%), Potassium: 482.65mg (13.79%), Vitamin A: 486.45IU (9.73%), Magnesium: 38.09mg (9.52%), Manganese: 0.18mg (9.24%), Calcium: 73.28mg (7.33%), Iron: 1.27mg (7.07%), Zinc: 1.06mg (7.07%), Vitamin E: 0.96mg (6.38%), Vitamin B6: 0.11mg (5.42%), Fiber: 1.17g (4.66%), Vitamin B3: 0.79mg (3.94%), Vitamin B2: 0.06mg (3.37%), Vitamin K: 3.12µg (2.97%), Vitamin B1: 0.04mg (2.76%), Folate: 10.46µg (2.62%), Vitamin B5: 0.21mg (2.12%), Selenium: 1.28µg (1.83%)