



Flash-fried prawns with chilli, lemon & parsley



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp olive oil extra virgin extra-virgin
- ☐ 300 g shrimp raw
- ☐ 2 garlic clove thinly sliced chopped
- ☐ 1 tsp pepper
- ☐ 1 lemon zest
- ☐ 2 tbsp flat parsley chopped

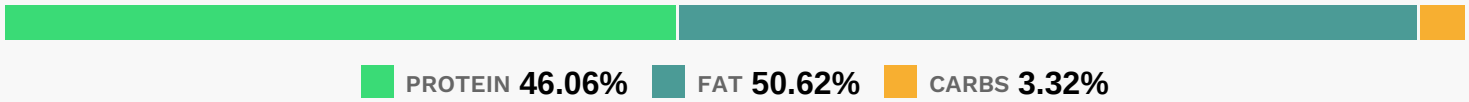
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large frying pan. Season the prawns and set aside. Cook the garlic over medium-low heat until it just starts to colour. Increase heat to high and add the prawns and chilli. Stir quickly and keep turning prawns in the pan.
- ☐ After 1 min, pour in the lemon juice. Toss until prawns are opaque about 1 min more.
- ☐ Sprinkle over lemon zest and parsley and serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:3.653913003595%

Flavonoids

Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 87.11kcal (4.36%), Fat: 4.99g (7.67%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.09g (0.1%), Cholesterol: 80.5mg (26.83%), Sodium: 66mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.42%), Vitamin K: 23.95µg (22.81%), Phosphorus: 110.38mg (11.04%), Copper: 0.2mg (10.23%), Vitamin E: 0.81mg (5.41%), Magnesium: 19.03mg (4.76%), Zinc: 0.71mg (4.75%), Potassium: 151.17mg (4.32%), Vitamin A: 206.13IU (4.12%), Vitamin C: 3.29mg (3.99%), Calcium: 38.04mg (3.8%), Iron: 0.45mg (2.49%), Manganese: 0.04mg (2.05%), Fiber: 0.28g (1.14%), Vitamin B6: 0.02mg (1.11%)