



Fragrant Thai prawns



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 shrimp raw
- ☐ 1 small shallots finely chopped
- ☐ 4 garlic clove finely chopped
- ☐ 1 to 5 chilies fresh red halved seeded finely chopped
- ☐ 2.5 ginger fresh peeled finely chopped
- ☐ 1 lemon grass finely chopped
- ☐ 1 handful mint leaves fresh good finely chopped
- ☐ 1 handful cilantro leaves fresh good finely chopped

- ☐ 100 ml olive oil
- ☐ 1 juice of lime grated

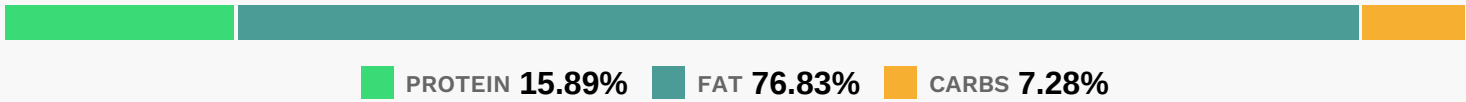
Equipment

- ☐ bowl

Directions

- ☐ Tip all the chopped ingredients into a bowl, add the olive oil along with the lime zest and juice and mix well. Set aside for 30 minutes to allow the flavours to mingle.
- ☐ To make fragrant Thai prawns, remove heads and peel shells from 20 raw king prawns but leave tail sections on. Toss in the marinade and cook on a really hot barbecue for 45 seconds on each side until they turn from grey-blue to pink.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:1.01, Inflammation Score:-3, Nutrition Score:6.5408695832543%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 265.28kcal (13.26%), Fat: 23.21g (35.71%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 4.29g (1.56%), Sugar: 1.33g (1.48%), Cholesterol: 80.5mg (26.83%), Sodium: 63.79mg (2.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.8g (21.6%), Vitamin C: 20.69mg (25.08%), Vitamin E: 3.42mg (22.81%), Vitamin K: 18.57µg (17.68%), Phosphorus: 125.19mg (12.52%), Copper: 0.25mg (12.26%), Manganese: 0.2mg (9.93%), Potassium: 248.23mg (7.09%), Magnesium: 26.44mg (6.61%), Vitamin B6: 0.13mg (6.47%), Zinc: 0.82mg (5.49%), Calcium: 47.21mg (4.72%), Iron: 0.83mg (4.63%), Vitamin A: 221.4IU (4.43%), Fiber: 0.66g (2.63%), Folate: 8.73µg (2.18%), Vitamin B1: 0.02mg (1.54%), Vitamin B2: 0.02mg (1.34%), Vitamin B3: 0.26mg (1.29%)