



Garlic Parmesan Prawns with Grilled Lemon Slices

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 clove garlic cloves minced peeled
- ☐ 3 tablespoon juice of lemon fresh
- ☐ 1 cup olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 3 tablespoon rosemary leaves minced plus more for garnish
- ☐ 4 servings salt and pepper

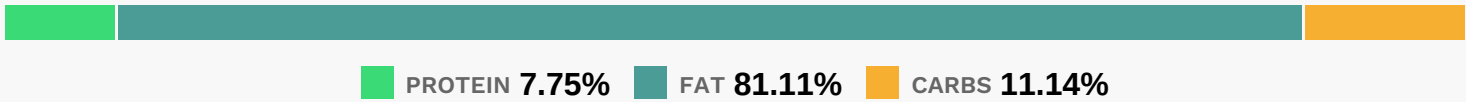
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Wash the prawns well and put them into a shallow dish as close to one layer as possible. Then set them aside at room temperature. In the bowl of a food processor combine Parmesan cheese, garlic, lemon juice, and a pinch each of salt and pepper. Pulse 3 or 4 times to mix. Then with the machine running, slowly drizzle in the olive oil until a thick creamy sauce is achieved. You may not need all of the oil. Once a thick and slightly chunky texture is achieved mix in the rosemary by hand. Spoon about half of the Parmesan garlic sauce on top of the prawns and toss to coat well. Snuggle the lemon slices between the prawns and set the dish aside about ½ hour to marinate.
- ☐ Heat the grill or grill pan. Then shake or wipe off the excess sauce from the prawns and lemon slices.
- ☐ Transfer them all to the grill over white coals or onto a grill pan set over medium high heat. Grill the prawns, turning once, until they begin to change color to pinkish and are cooked through, about 3 minutes per side.
- ☐ Pour the remaining Parmesan garlic sauce onto the bottom of a serving plate. Arrange the cooked prawns and grilled lemon slices on top.
- ☐ Garnish with additional rosemary leaves. Season with salt and pepper and serve immediately..

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.84, Inflammation Score:-3, Nutrition Score:3.5356521833202%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 136.35kcal (6.82%), Fat: 12.7g (19.54%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 3.13g (1.14%), Sugar: 0.39g (0.44%), Cholesterol: 4.25mg (1.42%), Sodium: 296.01mg (12.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Vitamin E: 1.59mg (10.6%), Calcium: 104.96mg (10.5%), Vitamin C: 7.14mg (8.66%), Manganese: 0.13mg (6.57%), Vitamin K: 6.71µg (6.39%), Vitamin B6: 0.11mg (5.57%), Phosphorus: 54.51mg (5.45%), Iron: 0.66mg (3.68%), Selenium: 2.34µg (3.34%), Fiber: 0.8g (3.19%), Vitamin B2: 0.04mg (2.09%), Magnesium: 8.23mg (2.06%), Zinc: 0.3mg (1.97%), Vitamin A: 96.95IU (1.94%), Folate: 7.47µg (1.87%), Vitamin B1: 0.02mg (1.66%), Potassium: 55.87mg (1.6%), Copper: 0.03mg (1.51%), Vitamin B12: 0.08µg (1.25%)