



Garlicky prawns with sherry

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



125 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp olive oil
- ☐ 3 garlic clove thinly sliced
- ☐ 400 g shrimp uncooked
- ☐ 2 tbsp sherry dry (fino)
- ☐ 1 handful parsley chopped

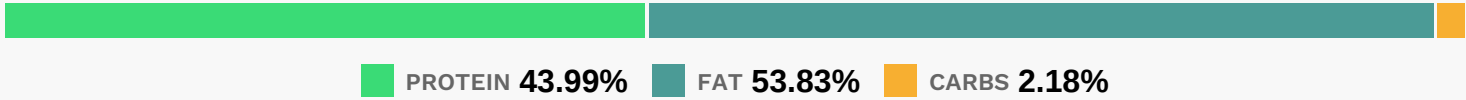
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large frying pan. Tip in the garlic slices and cook for a few secs. Then stir through the prawns and cook for a couple of mins until they start to turn pink.
- ☐ Pour over the sherry and cook for a few mins more, just until the prawns are cooked through.
- ☐ Sprinkle with parsley before serving.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:3.5739130193125%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 125.12kcal (6.26%), Fat: 7.35g (11.31%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.62g (0.22%), Sugar: 0.07g (0.08%), Cholesterol: 107.33mg (35.78%), Sodium: 80.35mg (3.49%), Alcohol: 0.51g (100%), Alcohol %: 0.81% (100%), Protein: 13.52g (27.04%), Phosphorus: 146.25mg (14.62%), Vitamin K: 15.19µg (14.47%), Copper: 0.27mg (13.32%), Vitamin E: 1.01mg (6.76%), Zinc: 0.92mg (6.16%), Magnesium: 24.54mg (6.14%), Potassium: 189.33mg (5.41%), Calcium: 46.82mg (4.68%), Manganese: 0.05mg (2.7%), Iron: 0.47mg (2.59%), Vitamin C: 1.35mg (1.64%), Vitamin A: 56.29IU (1.13%), Vitamin B6: 0.02mg (1.09%)