



Green mango salad with prawns



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp juice of lime
- ☐ 1 small to 5 chilies red seeded finely chopped
- ☐ 2 tbsp fish sauce
- ☐ 1 tbsp g muscovado sugar light
- ☐ 3 shallots finely sliced
- ☐ 85 g roasted peanuts salted finely chopped
- ☐ 2 apples i use 2 granny smith apples green
- ☐ 2 tbsp mint leaves chopped

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 200 g shrimp raw with tail on (or, if you use ready peeled prawns, you need 175g 6oz) peeled
- ☐ 2 little gem lettuces
- ☐ 2 spring onion shredded

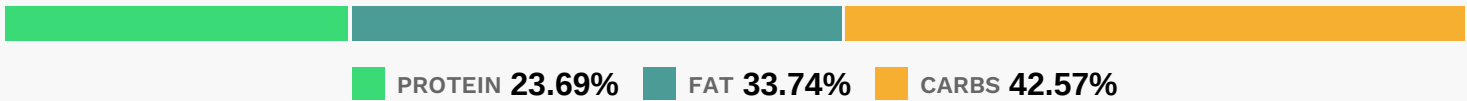
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Mix together the lime juice, chilli, fish sauce and sugar in a large bowl.
- ☐ Add the shallots and three quarters of the peanuts and mix well. Cover and set aside for up to 4 hours.
- ☐ Peel and coarsely grate the mango or apple, and stir into the mixture along with the mint.
- ☐ Heat the oil in a frying pan or wok, add the prawns and stir fry quickly until evenly pink about 2 minutes.
- ☐ Scatter the lettuce leaves on a serving plate and spoon the salad mixture in the centre. Surround with the prawns and scatter over the remaining peanuts and spring onions.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:5.75, Inflammation Score:-9, Nutrition Score:24.479130380827%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 247.56kcal (12.38%), Fat: 10.3g (15.84%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 21.68g (7.88%), Sugar: 18.34g (20.37%), Cholesterol: 53.67mg (17.89%), Sodium: 583.81mg (25.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.54%), Vitamin C: 81.22mg (98.45%), Manganese: 1.11mg (55.31%), Vitamin B6: 1mg (49.76%), Potassium: 1358.1mg (38.8%), Folate: 141.92µg (35.48%), Vitamin B2: 0.58mg (34.23%), Fiber: 7.55g (30.2%), Magnesium: 119.36mg (29.84%), Phosphorus: 290.14mg (29.01%), Copper: 0.46mg (23.2%), Vitamin B3: 4.31mg (21.53%), Vitamin K: 22.25µg (21.19%), Vitamin A: 925.75IU (18.51%), Vitamin B1: 0.25mg (16.93%), Zinc: 1.96mg (13.05%), Iron: 2.27mg (12.61%), Calcium: 110.58mg (11.06%), Vitamin E: 1.61mg (10.74%), Vitamin B5: 0.89mg (8.92%), Selenium: 2.6µg (3.72%)