



Grilled Prawns with Caper Tzatziki

 **Gluten Free**

READY IN



39 min.

SERVINGS



4

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup capers drained finely chopped
- 4 servings kosher salt and freshly cracked pepper black
- 0.5 cup nonfat greek yogurt plain
- 4 servings olive oil for grilling
- 12 large prawns deveined peeled
- 1 small shallots finely minced

Equipment

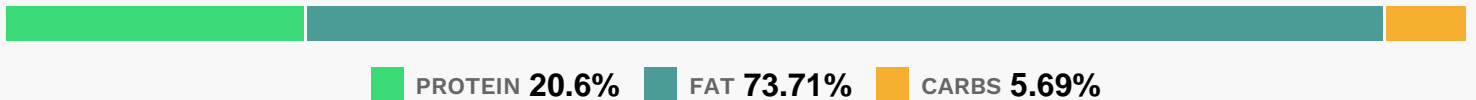
- bowl

- grill
- stove
- grill pan

Directions

- Watch how to make this recipe.
- Preheat a stove top grill pan to high heat.
- In a small bowl, stir together the yogurt, capers, shallots, and season with salt and pepper, to taste.
- Let stand to allow flavors to mingle.
- Cut a deep slit about 1/2-inch long in the bottom third of the shrimp, without cutting all the way through. This will allow the shrimp to butterfly open at the ends as they cook. Toss the prawns with oil and season well with salt and pepper. Grill the shrimp, turning once, until bright pink and just cooked through, 1 1/2 to 2 minutes per side.
- To serve, put a dollop of yogurt sauce on a serving plate; stand the shrimp upright with their tails touching around the yogurt. These are terrific with a small salad, rice, or pasta on the side.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:3.8173912932043%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg Quercetin: 18.87mg, Quercetin: 18.87mg, Quercetin: 18.87mg, Quercetin: 18.87mg

Nutrients (% of daily need)

Calories: 171.53kcal (8.58%), Fat: 14.35g (22.07%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 1.94g (0.71%), Sugar: 1.35g (1.5%), Cholesterol: 49.55mg (16.52%), Sodium: 542.38mg (23.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.04%), Vitamin E: 2.12mg (14.11%), Vitamin K: 11.17µg (10.64%), Phosphorus: 103.04mg (10.3%), Copper: 0.17mg (8.41%), Calcium: 53.9mg (5.39%), Vitamin B2: 0.09mg

(5.1%), Magnesium: 18.18mg (4.54%), Potassium: 139.88mg (4%), Zinc: 0.6mg (3.97%), Selenium: 2.68µg (3.83%), Vitamin B12: 0.17µg (2.92%), Iron: 0.51mg (2.84%), Fiber: 0.55g (2.2%), Vitamin B6: 0.04mg (2%), Manganese: 0.04mg (1.97%), Folate: 6.39µg (1.6%), Vitamin C: 0.97mg (1.18%), Vitamin B5: 0.1mg (1.04%)