



Grilled Prawns with Garlic-Chili Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cooking oil
- ☐ 1 tablespoon fish sauce to taste
- ☐ 2 tablespoons garlic minced
- ☐ 1 juice of lime juiced
- ☐ 1 pound prawns
- ☐ 2 kaffir lime leaves
- ☐ 2 tablespoons lemon grass thinly sliced
- ☐ 1 tablespoon torn mint leaves fresh

- ☐ 1 shallots sliced thin
- ☐ 5 thai chile peppers fresh sliced thin
- ☐ 1 tablespoon thai roasted chilli paste (nam prik pao)

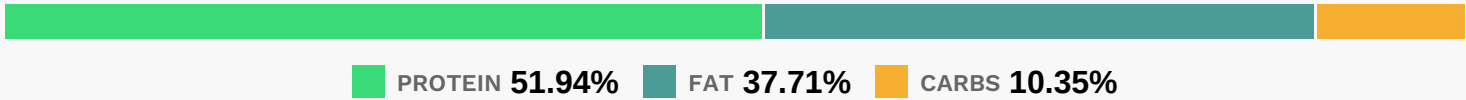
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium heat; lightly oil the grate.
- ☐ Cook the shrimp on the hot grill until they are bright pink on the outside and the meat is no longer transparent in the center, 5 to 10 minutes. Arrange the prawns on a serving platter.
- ☐ Heat the oil in a skillet over medium heat. Fry the garlic in the hot oil until brown, 7 to 10 minutes.
- ☐ Remove from heat and stir the lemon grass, chile peppers, shallot, lime leaves, fish sauce, lime juice, and chilli paste into the garlic; toss to combine. Spoon the sauce over the prawns.
- ☐ Garnish with the mint to serve.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.84, Inflammation Score:-4, Nutrition Score:10.415652232326%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 238.24kcal (11.91%), Fat: 10.2g (15.7%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 5.6g (2.04%), Sugar: 1.6g (1.78%), Cholesterol: 243.43mg (81.14%), Sodium: 654.44mg (28.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.61g (63.23%), Vitamin C: 30.06mg (36.43%), Phosphorus: 347.69mg (34.77%), Copper: 0.65mg (32.59%), Manganese: 0.4mg (19.82%), Magnesium: 73.12mg (18.28%), Potassium: 544.7mg (15.56%), Zinc: 2.26mg (15.09%), Calcium: 121.49mg (12.15%), Vitamin E: 1.73mg (11.54%), Iron: 1.51mg (8.38%), Vitamin K: 8.29µg (7.9%), Vitamin B6: 0.15mg (7.74%), Vitamin A: 194.6IU (3.89%), Folate: 13.74µg (3.43%), Fiber: 0.7g (2.8%), Selenium: 1.49µg (2.12%), Vitamin B1: 0.03mg (2.09%), Vitamin B3: 0.37mg (1.83%), Vitamin B2: 0.03mg (1.78%)