



Grilled Spot Prawns

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups baby arugula packed (lightly)
- ☐ 2 tablespoons fennel bulb divided very thinly sliced chopped
- ☐ 2 garlic clove minced
- ☐ 2 pounds shrimp
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 5 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 3 tablespoons pernod

☐ 0.5 teaspoon pepper dried red crushed

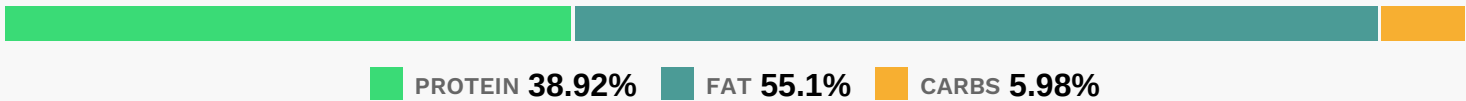
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ grill

Directions

- ☐ Using a small knife or kitchen shears, butterflyshrimp from tail to base of head, leavingpeel and head on; devein.
- ☐ Heat 3 tablespoons oil in a small saucepan overmedium heat.
- ☐ Add garlic and pepper flakes;saut&eactue; until aromatic, about 30 seconds.
- ☐ Transfer to a medium bowl; stir in Pernod and1 tablespoon fennel fronds. Season with salt andpepper.
- ☐ Add prawns; toss to coat. Marinateat room temperature, tossing occasionally,for 30 minutes.
- ☐ Prepare a grill to high heat. Grill prawns,brushing with marinade from bowl, until brightpink and just opaque in center, about 2 minutesper side.
- ☐ Transfer to a plate.
- ☐ Mix slicedfennel bulb and arugula in a large bowl.
- ☐ Drizzlelemon juice and remaining 2 tablespoons oil over;toss to coat. Season with salt and pepper.
- ☐ Arrange salad on a plate. Top with shrimp,garnish with 1 tablespoon chopped fronds.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.49, Inflammation Score:-8, Nutrition Score:21.817391385203%

Flavonoids

Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 359.95kcal (18%), Fat: 20.07g (30.87%), Saturated Fat: 2.72g (17%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 4.03g (1.46%), Sugar: 1.13g (1.25%), Cholesterol: 285.76mg (95.25%), Sodium: 1300.52mg (56.54%), Alcohol: 4.26g (100%), Alcohol %: 1.79% (100%), Protein: 31.9g (63.8%), Selenium: 67.55µg (96.5%), Phosphorus: 576.93mg (57.69%), Vitamin K: 49.01µg (46.68%), Vitamin B12: 2.52µg (41.96%), Vitamin E: 5.79mg (38.63%), Vitamin A: 1205.3IU (24.11%), Copper: 0.45mg (22.62%), Vitamin B3: 4.22mg (21.1%), Vitamin B6: 0.42mg (20.91%), Folate: 75.82µg (18.95%), Calcium: 178.7mg (17.87%), Magnesium: 66.62mg (16.66%), Zinc: 2.39mg (15.96%), Potassium: 417.93mg (11.94%), Manganese: 0.22mg (11.06%), Vitamin C: 8.76mg (10.62%), Vitamin B5: 0.87mg (8.74%), Iron: 1.16mg (6.42%), Vitamin B1: 0.07mg (4.37%), Vitamin B2: 0.07mg (4%), Fiber: 0.88g (3.5%), Vitamin D: 0.23µg (1.51%)