



Hot herb butter prawns



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 large king prawns with the tails left on peeled
- ☐ 0.5 g pack garlic butter
- ☐ 2 tsp rose harissa
- ☐ 1 small pack flat-leaf parsley chopped
- ☐ 1 tsp caper drained finely chopped
- ☐ 1 lemon zest gluten-free mediterranean-style cut into wedges, and flatbreads (or alternative), to serve

Equipment

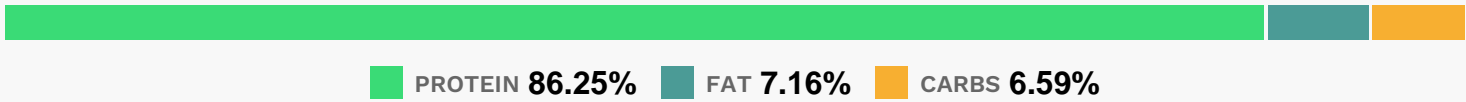
- ☐ baking pan

☐ grill

Directions

- ☐ Butterfly the prawns, removing the black thread that runs through the body. Beat the butter until smooth, then mix in the harissa, parsley, capers, lemon zest and some ground black pepper. Can be made 2 weeks in advance, then chilled.
- ☐ Open out each prawn and smear 1 tsp of the butter into the middle. Can be made 1 day ahead and chilled.
- ☐ When ready to eat, heat the grill to as high as it will go.
- ☐ Put the prawns on a baking tray and grill for 5 mins until they are pink through. Toast the flatbreads, then serve with the hot prawns and lemon wedges for squeezing over.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.4917391227639%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 31.07kcal (1.55%), Fat: 0.25g (0.38%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.27g (0.3%), Cholesterol: 53.85mg (17.95%), Sodium: 71.92mg (3.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Phosphorus: 72.47mg (7.25%), Copper: 0.13mg (6.75%), Magnesium: 12.21mg (3.05%), Zinc: 0.45mg (3.03%), Vitamin K: 2.91µg (2.77%), Potassium: 96.84mg (2.77%), Calcium: 23.39mg (2.34%), Vitamin C: 1.79mg (2.17%), Iron: 0.21mg (1.17%)