



Lemony prawn bruschettas

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices crusty baguette sliced
- ☐ 1 tsp olive oil
- ☐ 2 garlic clove thinly sliced
- ☐ 1 large to 5 chillies red deseeded sliced
- ☐ 200 g shrimp raw (see tip, below)
- ☐ 1 juice of lemon
- ☐ 1 small bunch cilantro leaves chopped
- ☐ 2 large handfuls arugula

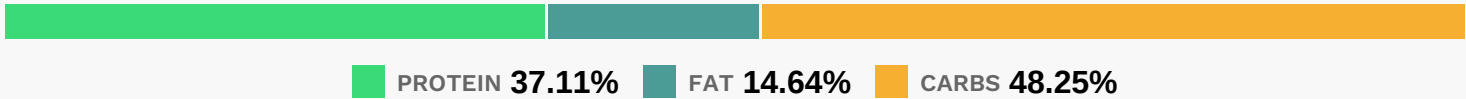
Equipment

☐ wok

Directions

- ☐ Toast the bread and keep warm.
- ☐ Heat the oil in a wok, then cook the garlic and chilli until sizzling. Turn the heat up, add the prawns, then cook until pink.
- ☐ Remove from the heat, then add the lemon juice and coriander. Season, then serve piled on toast with rocket leaves.

Nutrition Facts



Properties

Glycemic Index:105.38, Glycemic Load:22.28, Inflammation Score:-8, Nutrition Score:17.683043542116%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 293.34kcal (14.67%), Fat: 4.81g (7.4%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 33.45g (12.16%), Sugar: 5.05g (5.61%), Cholesterol: 161mg (53.67%), Sodium: 524.49mg (22.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.44g (54.88%), Vitamin C: 43.15mg (52.31%), Vitamin K: 40.68µg (38.74%), Phosphorus: 302.58mg (30.26%), Vitamin B1: 0.41mg (27.32%), Copper: 0.53mg (26.65%), Manganese: 0.51mg (25.26%), Folate: 98.63µg (24.66%), Vitamin A: 959.89IU (19.2%), Iron: 3.4mg (18.88%), Calcium: 175.38mg (17.54%), Magnesium: 68.9mg (17.23%), Selenium: 11.66µg (16.65%), Vitamin B3: 3.33mg (16.63%), Potassium: 537.95mg (15.37%), Vitamin B2: 0.25mg (14.94%), Zinc: 2.06mg (13.74%), Vitamin B6: 0.25mg (12.25%), Fiber: 2.22g (8.89%), Vitamin E: 0.88mg (5.84%), Vitamin B5: 0.43mg (4.35%)