



Little Gem cups with prawn & mango salsa



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



20

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

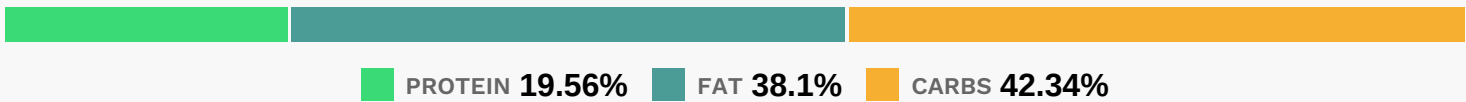
- ☐ 3 little gem lettuces
- ☐ 1 mangos ripe
- ☐ 1 onion red finely chopped
- ☐ 1 mild chilli red chopped
- ☐ 1 juice of lime
- ☐ 4 tbsp olive oil light
- ☐ 225 g pack cooked peeled
- ☐ 1 handful coriander chopped

Equipment

Directions

- ☐
- Break the lettuces into individual leaves. Peel and dice the mango and mix with the finely chopped red onion, chopped mild red chilli, the juice 1 lime and the light olive oil.
- ☐
- Mix well and set aside at room temperature, covered with cling film. Just before serving, take a the peeled tiger prawns and cut them in half horizontally.
- ☐
- Mix into the mango mixture with a handful chopped coriander. To serve, spoon the mixture on to the Little Gem leaves and arrange on a large platter or plate.

Nutrition Facts



Properties

Glycemic Index:9.39, Glycemic Load:2.13, Inflammation Score:-6, Nutrition Score:9.3826087071844%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 69.66kcal (3.48%), Fat: 3.28g (5.04%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 6.02g (2.19%), Sugar: 5.54g (6.15%), Cholesterol: 14.18mg (4.72%), Sodium: 67.78mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.57%), Vitamin C: 36.8mg (44.61%), Vitamin B6: 0.42mg (20.99%), Manganese: 0.32mg (15.98%), Vitamin B2: 0.25mg (14.76%), Folate: 57.71µg (14.43%), Potassium: 493.47mg (14.1%), Vitamin A: 507.91IU (10.16%), Phosphorus: 96.35mg (9.63%), Fiber: 2.17g (8.7%), Magnesium: 33.64mg (8.41%), Vitamin K: 8.22µg (7.83%), Copper: 0.12mg (6.23%), Vitamin B1: 0.09mg (6.09%), Vitamin E: 0.87mg (5.82%), Vitamin B3: 1.14mg (5.68%), Selenium: 3.77µg (5.39%), Zinc: 0.63mg (4.19%), Iron: 0.69mg (3.84%), Calcium: 34.66mg (3.47%), Vitamin B5: 0.33mg (3.33%), Vitamin B12: 0.12µg (2.08%)