



Pasta with lemon butter prawns

READY IN



30 min.

SERVINGS



4

CALORIES



559 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 100 g butter
- ☐ 3 lemon zest
- ☐ 200 g prawns raw shelled
- ☐ 350 g tagliatelle
- ☐ 100 g rocket

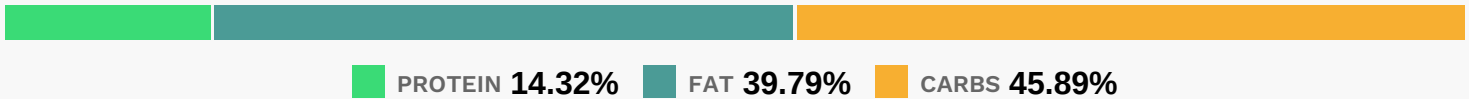
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter, then add the zest and infuse for about 15 mins.
- ☐ Add a little of the butter to a pan, then fry the prawns for 2–3 mins.
- ☐ Meanwhile, boil the tagliatelle according to pack instructions.
- ☐ Drain, return to the pan, then add the butter, prawns and rocket. Toss together, season and serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:26.34, Inflammation Score:-8, Nutrition Score:19.448695763298%

Flavonoids

Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 8.72mg, Kaempferol: 8.72mg, Kaempferol: 8.72mg, Kaempferol: 8.72mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 559.11kcal (27.96%), Fat: 24.84g (38.22%), Saturated Fat: 13.96g (87.27%), Carbohydrates: 64.46g (21.49%), Net Carbohydrates: 60.7g (22.07%), Sugar: 2.36g (2.62%), Cholesterol: 190.25mg (63.42%), Sodium: 469.14mg (20.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.12g (40.24%), Selenium: 84.11µg (120.15%), Manganese: 0.84mg (42.14%), Phosphorus: 352.42mg (35.24%), Vitamin K: 29.59µg (28.18%), Vitamin A: 1364.5IU (27.29%), Copper: 0.37mg (18.7%), Magnesium: 74.68mg (18.67%), Zinc: 2.32mg (15.44%), Folate: 60.46µg (15.11%), Fiber: 3.76g (15.06%), Vitamin B6: 0.3mg (14.81%), Vitamin B12: 0.85µg (14.19%), Vitamin B3: 2.83mg (14.16%), Iron: 2.17mg (12.08%), Vitamin C: 9.56mg (11.58%), Vitamin B1: 0.17mg (11.58%), Vitamin E: 1.68mg (11.22%), Vitamin B5: 1.1mg (11.04%), Calcium: 109.65mg (10.97%), Potassium: 375.45mg (10.73%), Vitamin B2: 0.12mg (7.05%), Vitamin D: 0.31µg (2.08%)