



Pint of prawns & chilli mayo

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



982 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

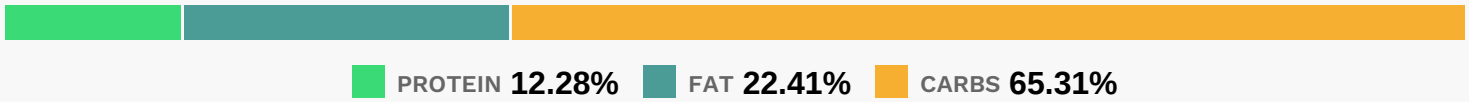
- ☐ 400 g shells cooked
- ☐ 2 fillet anchovy canned
- ☐ 1 to 5 chillies red
- ☐ 4 tbsp mayonnaise
- ☐ 1 lettuce
- ☐ 2 servings lemon wedges

Equipment

Directions

- ☐ Divide the prawns between two glass tumblers. Finely chop the anchovies. Halve and seed the chilli, then finely chop the chilli flesh.
- ☐ Mix the mayonnaise with the anchovies and chilli, and divide between two small dishes.
- ☐ Cut the lettuce into wedges and serve the prawns with the mayo, lettuce and lemon wedges for squeezing over the prawns.

Nutrition Facts



Properties

Glycemic Index:97.25, Glycemic Load:62.4, Inflammation Score:-9, Nutrition Score:32.79434767495%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 981.94kcal (49.1%), Fat: 24.34g (37.44%), Saturated Fat: 3.89g (24.33%), Carbohydrates: 159.58g (53.19%), Net Carbohydrates: 149.58g (54.39%), Sugar: 12.02g (13.36%), Cholesterol: 13.99mg (4.66%), Sodium: 220.41mg (9.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.02g (60.03%), Selenium: 128.88µg (184.12%), Manganese: 2.22mg (110.9%), Vitamin K: 113.29µg (107.9%), Vitamin C: 40.41mg (48.98%), Phosphorus: 454.49mg (45.45%), Fiber: 10g (40%), Copper: 0.69mg (34.42%), Magnesium: 132.04mg (33.01%), Vitamin A: 1587.25IU (31.75%), Folate: 121.18µg (30.3%), Potassium: 920.66mg (26.3%), Vitamin B6: 0.52mg (25.99%), Iron: 4.13mg (22.95%), Vitamin B3: 4.57mg (22.87%), Zinc: 3.39mg (22.62%), Vitamin B1: 0.31mg (20.8%), Vitamin B2: 0.22mg (13.08%), Vitamin B5: 1.23mg (12.28%), Vitamin E: 1.79mg (11.93%), Calcium: 102.01mg (10.2%)