



Piri-piri prawns

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tbsp unrefined sunflower oil
- ☐ 4 garlic clove crushed
- ☐ 2 pepper flakes red deseeded finely chopped
- ☐ 0.3 tsp sea salt
- ☐ 0.5 tsp paprika
- ☐ 18 large shells fresh with the heads on if possible)
- ☐ 6 servings mint leaves well (see 'Goes with')

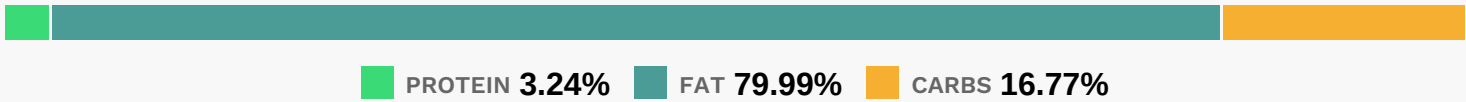
Equipment

- ☐ bowl
- ☐ skewers

Directions

- ☐ Mix the oil with the garlic, chilli, salt and paprika, then toss in the prawns. Marinate the prawns in the fridge for up to 1 day.
- ☐ TO BARBECUE: Cook the prawns singly or thread 3 onto skewers to make portions. Barbecue for just a few mins each side until they turn from grey to pink.
- ☐ Serve with the mint relish (just tiny pots per portion), warm finger bowls with lime slices, napkins, and a bowl for the shells.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:1.59, Inflammation Score:-3, Nutrition Score:4.1313043469968%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 103.86kcal (5.19%), Fat: 9.49g (14.6%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 3.97g (1.44%), Sugar: 0.91g (1.02%), Cholesterol: 0mg (0%), Sodium: 99.21mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.73%), Vitamin C: 22.5mg (27.27%), Vitamin E: 4mg (26.66%), Vitamin A: 279.86IU (5.6%), Vitamin B6: 0.11mg (5.52%), Manganese: 0.1mg (5.2%), Selenium: 2.27µg (3.24%), Vitamin K: 2.79µg (2.66%), Potassium: 73.09mg (2.09%), Fiber: 0.51g (2.04%), Copper: 0.04mg (1.94%), Iron: 0.32mg (1.78%), Magnesium: 6.68mg (1.67%), Phosphorus: 16.51mg (1.65%), Vitamin B3: 0.29mg (1.44%), Folate: 5.28µg (1.32%), Vitamin B2: 0.02mg (1.29%), Vitamin B1: 0.02mg (1.26%)