



 11%
HEALTH SCORE

Poached Prawns with Fettuccine and French String Beans

READY IN



45 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings fettuccine barilla
- 1 tablespoon juice of lemon
- 1 pound shrimp uncooked
- 4 servings salt and pepper
- 1 can green beans french
- 5 tablespoons butter unsalted
- 1 quart water

Equipment

frying pan

Directions

Cook pasta according the packaging directions.

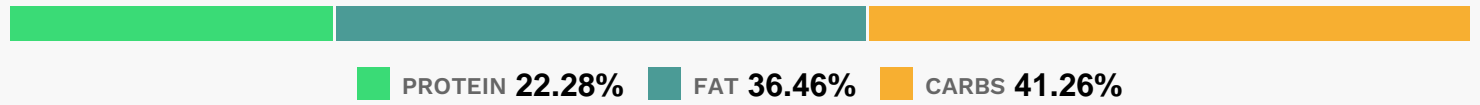
Drain and add the string beans and 1 tablespoon butter and stir well. In a skillet add water and bring to boil point and start adding the butter, tablespoon at the time to emulsify. Once all the butter is melted add the prawns and poach just below simmer- until the prawns are cooked and turn a nice pink color. Season with salt and pepper.

Remove the prawn leaving the juice in the skillet.

Add the pasta with the French string beans to the skillet and stir to coat the fettuccine well.

Place pasta in the middle of the plate and place the prawns over it with any juices.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:18.03, Inflammation Score:-7, Nutrition Score:20.602173913043%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Taste

Sweetness: 40.42%, Saltiness: 80.77%, Sourness: 60.02%, Bitterness: 100%, Savoriness: 51.51%, Fattiness: 57.99%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 442.16kcal (22.11%), Fat: 17.98g (27.66%), Saturated Fat: 9.81g (61.34%), Carbohydrates: 45.78g (15.26%), Net Carbohydrates: 42.15g (15.33%), Sugar: 3.29g (3.66%), Cholesterol: 227.55mg (75.85%), Sodium: 865.11mg (37.61%), Protein: 24.72g (49.45%), Selenium: 78.27µg (111.81%), Phosphorus: 441.04mg (44.1%), Manganese: 0.65mg

(32.74%), Vitamin K: 30.01µg (28.58%), Vitamin B12: 1.45µg (24.18%), Copper: 0.46mg (22.97%), Vitamin A: 1128.34IU (22.57%), Vitamin B6: 0.4mg (19.91%), Magnesium: 76.75mg (19.19%), Vitamin B3: 3.68mg (18.42%), Vitamin E: 2.38mg (15.89%), Zinc: 2.37mg (15.83%), Folate: 60.68µg (15.17%), Fiber: 3.63g (14.51%), Potassium: 411.09mg (11.75%), Calcium: 116.71mg (11.67%), Vitamin B1: 0.17mg (11.56%), Vitamin C: 9.44mg (11.45%), Iron: 1.98mg (11.03%), Vitamin B5: 1.03mg (10.34%), Vitamin B2: 0.14mg (8.36%), Vitamin D: 0.54µg (3.63%)