



Prawn & avocado pasta salad

 Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



669 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g penne pasta
- ☐ 400 g tiger prawns raw peeled
- ☐ 4 tbsp olive oil
- ☐ 1 juice of lemon
- ☐ 1 small garlic clove finely chopped
- ☐ 1 large avocado peeled cut into cubes
- ☐ 250 g cherry tomatoes halved
- ☐ 2 spring onion thinly sliced

- ☐ 100 g arugula
- ☐ 1 small bunch basil

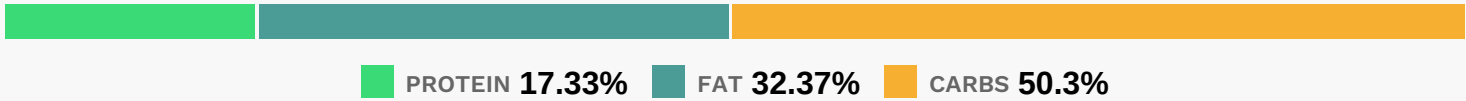
Equipment

- ☐ bowl

Directions

- ☐ Cook the pasta in boiling water for 10–11 mins. Just before the end, add prawns and cook through.
- ☐ Drain, cool under cold water, drain and transfer to a big bowl.
- ☐ Put the oil, lemon juice and zest, garlic, avocado, tomatoes and spring onions in a separate bowl, then mix well dont mash the avocado. Season. Gently toss the mix into the pasta, with the rocket and basil.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:30.72, Inflammation Score:-9, Nutrition Score:29.162608724573%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 8.81mg, Kaempferol: 8.81mg, Kaempferol: 8.81mg, Kaempferol: 8.81mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 668.81kcal (33.44%), Fat: 24.19g (37.21%), Saturated Fat: 3.43g (21.45%), Carbohydrates: 84.54g (28.18%), Net Carbohydrates: 76.91g (27.97%), Sugar: 5.41g (6.01%), Cholesterol: 126mg (42%), Sodium: 590.67mg (25.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.14g (58.28%), Selenium: 93.54µg (133.63%), Vitamin K:

69.11µg (65.82%), Manganese: 1.21mg (60.46%), Phosphorus: 494.72mg (49.47%), Vitamin C: 27.65mg (33.51%), Vitamin E: 5mg (33.36%), Copper: 0.65mg (32.42%), Fiber: 7.63g (30.52%), Folate: 116.8µg (29.2%), Magnesium: 110.07mg (27.52%), Vitamin A: 1318.08IU (26.36%), Vitamin B6: 0.52mg (25.96%), Vitamin B3: 4.82mg (24.11%), Potassium: 841.54mg (24.04%), Zinc: 2.96mg (19.72%), Vitamin B12: 1.11µg (18.5%), Vitamin B5: 1.65mg (16.52%), Iron: 2.83mg (15.7%), Calcium: 137.71mg (13.77%), Vitamin B1: 0.18mg (12.3%), Vitamin B2: 0.18mg (10.81%)