



Prawn, avocado & soya bean salad



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



1

CALORIES



357 kcal

SIDE DISH

Ingredients

- ☐ 85 g jicama frozen
- ☐ 85 g shrimp cooked peeled
- ☐ 2 tsp chilli sauce sweet
- ☐ 1 lime zest
- ☐ 1 tsp olive oil extra virgin extra-virgin
- ☐ 0.5 small avocado ripe peeled chopped
- ☐ 0.3 cucumber chopped
- ☐ 1 small coriander leaves

☐ 1 small baby lettuce

Equipment

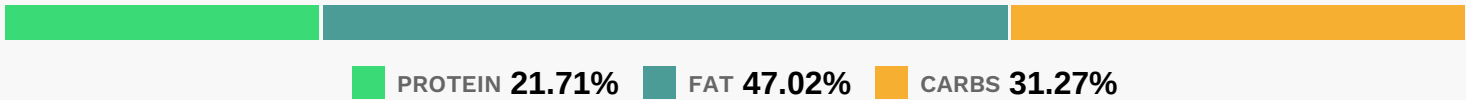
☐ frying pan

☐ whisk

Directions

- ☐ Cook the soya beans in a pan of boiling water for 2–3 mins until tender, then drain and cool under cold water. Toss the prawns with the sweet chilli and lime zest.
- ☐ Whisk together the oil, lime juice and some seasoning to make a dressing.
- ☐ Mix the soya beans, avocado, cucumber and coriander.
- ☐ Pour over the dressing and toss to coat. Top with the prawns and salad leaves.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:3.05, Inflammation Score:-7, Nutrition Score:20.1995651099999%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 357.48kcal (17.87%), Fat: 20.15g (30.99%), Saturated Fat: 2.89g (18.07%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 16.67g (6.06%), Sugar: 9.15g (10.17%), Cholesterol: 136.85mg (45.62%), Sodium: 215.48mg (9.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.93g (41.86%), Vitamin C: 54.88mg (66.52%), Fiber: 13.48g (53.9%), Vitamin K: 44.73µg (42.6%), Copper: 0.68mg (33.95%), Potassium: 1056.31mg (30.18%), Phosphorus: 282.37mg (28.24%), Folate: 110.58µg (27.65%), Magnesium: 89.18mg (22.3%), Vitamin E: 3.3mg (22.01%), Vitamin B6: 0.37mg (18.4%), Vitamin B5: 1.84mg (18.37%), Manganese: 0.35mg (17.4%), Zinc: 2.17mg

(14.46%), Iron: 2.53mg (14.06%), Calcium: 122.14mg (12.21%), Vitamin B2: 0.2mg (11.96%), Vitamin B3: 2.19mg (10.96%), Vitamin B1: 0.14mg (9.39%), Vitamin A: 384.63IU (7.69%), Selenium: 1.64µg (2.34%)