



## Prawn cocktail cups



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 little gem lettuce hearts
- 350 g prawns cooked peeled
- 3 tbsp olive oil extra-virgin
- 2 tbsp juice of lemon
- 4 tbsp flat-leaf parsley coarsely chopped
- 8 servings mustard and cress
- 100 g mayonnaise
- 25 g tomato ketchup

8 servings all the tabasco sauce you handle

## Equipment

bowl

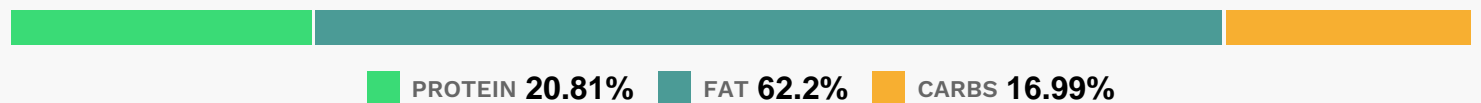
## Directions

To make the Marie Rose sauce, blend the mayonnaise with the ketchup and a couple of shakes of Tabasco in a bowl. Trim the bases of the lettuce hearts, discard the outer leaves and separate the leaves they need to be about 10cm long and you want about 24 in total. Reserve the tiny hearts for another salad.

Wash the prawns and pat dry between double layers of kitchen paper. Toss in a bowl with the olive oil, lemon juice, parsley and a little seasoning.

Lay the leaves out on serving plates, cup-side up. Drop several prawns into each. Dollop tsp sauce on top, then scatter over some mustard and cress. These can be prepared 1 hr in advance, in which case cover with cling film and set aside in a cool place.

## Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:1.58, Inflammation Score:-8, Nutrition Score:13.540000015627%

## 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 Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

## Nutrients (% of daily need)

Calories: 211.32kcal (10.57%), Fat: 15.23g (23.44%), Saturated Fat: 2.28g (14.28%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 6.04g (2.2%), Sugar: 6.2g (6.89%), Cholesterol: 75.69mg (25.23%), Sodium: 190.72mg (8.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.47g (22.94%), Vitamin K: 125.16µg (119.2%), Vitamin A: 1606.66IU (32.13%), Folate: 83.51µg (20.88%), Manganese: 0.36mg (18.22%), Phosphorus: 153.14mg (15.31%),

Potassium: 527.42mg (15.07%), Vitamin C: 12.42mg (15.05%), Fiber: 3.33g (13.31%), Copper: 0.25mg (12.43%),  
Vitamin E: 1.72mg (11.49%), Magnesium: 36.27mg (9.07%), Iron: 1.53mg (8.52%), Calcium: 81.7mg (8.17%), Vitamin B1:  
0.12mg (7.7%), Zinc: 1.04mg (6.93%), Vitamin B6: 0.13mg (6.26%), Vitamin B2: 0.08mg (4.71%), Vitamin B5: 0.28mg  
(2.83%), Vitamin B3: 0.41mg (2.07%)