



Prawn cocktail on toast

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

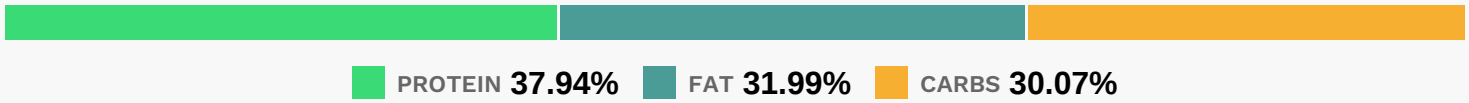
- ☐ 2 slices bread thick
- ☐ 200 g shrimp low-fat
- ☐ 0.3 lettuce shredded
- ☐ 0.5 avocado halved sliced

Equipment

Directions

- ☐
- Lightly toast the bread.
- ☐
- Spread the bread with a little of the sauce from the prawn cocktail and top with the lettuce and avocado. Finally, top with the prawn cocktail.

Nutrition Facts



Properties

Glycemic Index:65.33, Glycemic Load:7.89, Inflammation Score:-5, Nutrition Score:13.585217434427%

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 Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 251.55kcal (12.58%), Fat: 9.26g (14.25%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 14.29g (5.2%), Sugar: 3.26g (3.63%), Cholesterol: 161mg (53.67%), Sodium: 261.7mg (11.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.41%), Phosphorus: 289.73mg (28.97%), Copper: 0.54mg (27.24%), Vitamin K: 28.16µg (26.82%), Manganese: 0.52mg (26.12%), Fiber: 5.3g (21.18%), Folate: 84.04µg (21.01%), Potassium: 642.19mg (18.35%), Magnesium: 65.77mg (16.44%), Zinc: 2.05mg (13.69%), Vitamin B3: 2.52mg (12.61%), Selenium: 8.33µg (11.9%), Vitamin B1: 0.18mg (11.76%), Calcium: 117.16mg (11.72%), Iron: 2.08mg (11.56%), Vitamin B5: 0.99mg (9.89%), Vitamin B6: 0.19mg (9.43%), Vitamin B2: 0.15mg (8.98%), Vitamin C: 6.97mg (8.45%), Vitamin A: 412.15IU (8.24%), Vitamin E: 1.21mg (8.1%)