



Prawn & cucumber salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 20 large shrimp cooked
- ☐ 2 large cucumber
- ☐ 1 small bunch cilantro leaves
- ☐ 1 large to 5 chillies red halved deseeded cut into large pieces
- ☐ 1 tbsp brown sugar soft
- ☐ 2 tbsp thai fish sauce
- ☐ 1 juice of lime
- ☐ 1 handful roasted cashews crushed

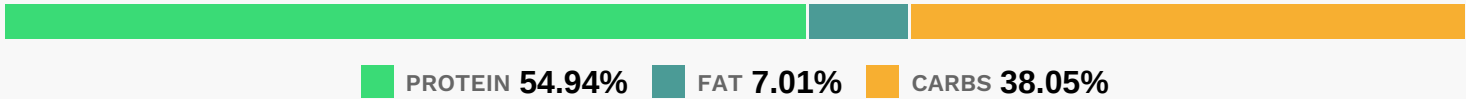
Equipment

- ☐ mortar and pestle
- ☐ peeler

Directions

- ☐ Cut each prawn in half lengthways, removing the vein that runs down the back. Using a vegetable peeler, strip the cucumber of all its skin and discard, then continue to peel away long strips of the cucumber flesh until you reach the seeds. Chop the coriander and mix with the cucumber strips and prawns.
- ☐ Make the dressing in a pestle and mortar by pounding together the chilli and sugar into a paste.
- ☐ Add the fish sauce and lime juice to the paste, and stir well.
- ☐ Pour over the salad just before serving, with the nuts sprinkled on top.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:7.4960868825083%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 82.12kcal (4.11%), Fat: 0.66g (1.02%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 6.83g (2.48%), Sugar: 5.92g (6.58%), Cholesterol: 80.5mg (26.83%), Sodium: 771.76mg (33.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.66g (23.32%), Vitamin C: 23.48mg (28.46%), Vitamin K: 17.99µg (17.13%), Copper: 0.33mg (16.37%), Phosphorus: 145.22mg (14.52%), Magnesium: 54.68mg (13.67%), Potassium: 409.14mg (11.69%), Manganese: 0.17mg (8.73%), Vitamin B6: 0.17mg (8.58%), Folate: 28.97µg (7.24%), Vitamin A: 347.69IU (6.95%), Zinc: 0.99mg (6.57%), Calcium: 62.04mg (6.2%), Fiber: 1.24g (4.97%), Iron: 0.83mg (4.63%), Vitamin B5: 0.4mg (3.97%), Vitamin B1: 0.06mg (3.75%), Vitamin B2: 0.05mg (3.22%), Vitamin B3: 0.44mg (2.2%), Selenium: 1.11µg (1.58%), Vitamin E: 0.19mg (1.26%)