



Prawn, dill & cucumber pasta

READY IN



22 min.

SERVINGS



4

CALORIES



400 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 300 g soup noodles
- ☐ 1 small bunch optional: dill chopped
- ☐ 0.5 juice of lemon
- ☐ 5 tbsp cream
- ☐ 300 g shrimp cooked
- ☐ 1 cucumber diced
- ☐ 1 fennel bulb shredded

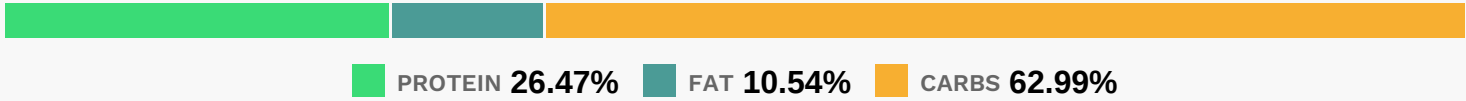
Equipment

bowl

Directions

Cook pasta shapes following pack instructions, drain and cool under running water. Tip into a bowl and toss with the dill, lemon, soured cream, prawns, cucumber and fennel. Season

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:23.78, Inflammation Score:-5, Nutrition Score:16.992608453916%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 399.77kcal (19.99%), Fat: 4.67g (7.19%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 62.86g (20.95%), Net Carbohydrates: 58.11g (21.13%), Sugar: 5.94g (6.6%), Cholesterol: 129.6mg (43.2%), Sodium: 130.51mg (5.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.82%), Selenium: 48.44µg (69.2%), Manganese: 0.88mg (44.21%), Vitamin K: 42.44µg (40.42%), Phosphorus: 359.11mg (35.91%), Copper: 0.61mg (30.28%), Magnesium: 86.81mg (21.7%), Potassium: 733.9mg (20.97%), Fiber: 4.76g (19.02%), Zinc: 2.36mg (15.74%), Vitamin C: 11.22mg (13.6%), Calcium: 118.81mg (11.88%), Iron: 1.99mg (11.04%), Folate: 41.82µg (10.45%), Vitamin B6: 0.18mg (9.03%), Vitamin B3: 1.7mg (8.49%), Vitamin B5: 0.7mg (6.95%), Vitamin B1: 0.1mg (6.71%), Vitamin B2: 0.11mg (6.41%), Vitamin A: 245.36IU (4.91%), Vitamin E: 0.51mg (3.38%)