



Prawn & herb noodle salad

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 100 g vermicelli dried
- ☐ 1 small cucumber
- ☐ 400 g tiger prawns cooked peeled
- ☐ 1 small handful mint leaves
- ☐ 1 tbsp olive oil
- ☐ 4 juice of lime finely grated
- ☐ 1 garlic clove crushed

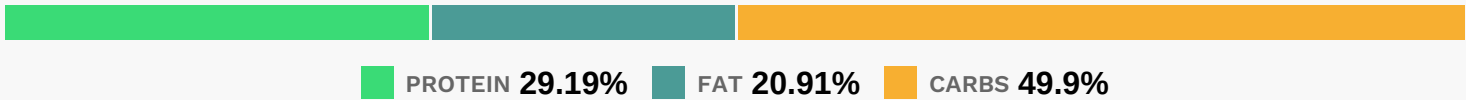
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Soak the dried rice noodles in boiling water for 5 minutes.
- ☐ Drain, rinse, drain again and place in a large bowl with the cucumber, cut into long thin strips, and the cooked, peeled tiger prawns.
- ☐ In a food processor, blitz a small handful each of coriander and mint leaves, the olive oil, finely grated zest and juice of a lime and crushed garlic clove until fairly smooth. Season and toss with noodle mixture.
- ☐ Serve in iceberg lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:11.99, Inflammation Score:-3, Nutrition Score:10.006521751051%

Flavonoids

Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 207kcal (10.35%), Fat: 4.75g (7.3%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 24.6g (8.95%), Sugar: 1.06g (1.18%), Cholesterol: 126mg (42%), Sodium: 613.4mg (26.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.91g (29.83%), Selenium: 33.55µg (47.93%), Phosphorus: 296.62mg (29.66%), Vitamin B12: 1.11µg (18.5%), Vitamin C: 10.82mg (13.11%), Vitamin E: 1.9mg (12.68%), Copper: 0.24mg (12.16%), Manganese: 0.21mg (10.6%), Vitamin B6: 0.21mg (10.34%), Vitamin B3: 1.91mg (9.56%), Zinc: 1.27mg (8.44%), Magnesium: 33.13mg (8.28%), Folate: 29.44µg (7.36%), Calcium: 72.05mg (7.21%), Potassium: 218.05mg (6.23%), Vitamin A: 265.99IU (5.32%), Vitamin K: 5.44µg (5.18%), Vitamin B5: 0.46mg (4.62%), Fiber: 0.89g (3.57%), Vitamin B1: 0.05mg (3.32%), Iron: 0.58mg (3.23%), Vitamin B2: 0.04mg (2.18%)