



Prawn & pancetta spears



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



20

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 slices pancetta
- ☐ 20 shrimp raw whole peeled
- ☐ 2 tbsp olive oil extra virgin extra-virgin
- ☐ 1 tbsp lemon zest grated finely chopped
- ☐ 1 tbsp juice of lemon
- ☐ 1 tbsp chives snipped finely
- ☐ 4 tbsp mayonnaise

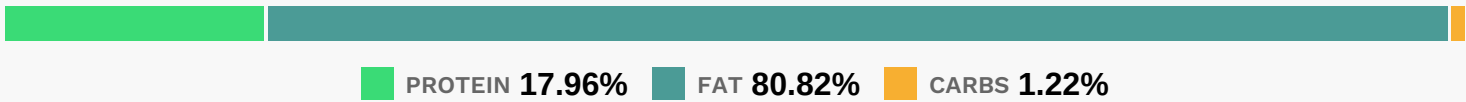
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ skewers

Directions

- ☐ Soak 20 short bamboo skewers in water to prevent them burning under the grill. To make the dip, combine the preserved lemon or lemon zest, lemon juice, chives and mayonnaise and refrigerate.
- ☐ Heat the grill to high.
- ☐ Cut the pancetta or prosciutto probably in half, although sizes of slices differ so that it wraps around the middle of the prawn, still showing some of the prawn at either end. Thread each prawn on to a skewer and lay on a baking sheet with a rim.
- ☐ Mix the olive oil with sea salt and freshly ground pepper in a bowl and brush the prawns with the seasoned oil.
- ☐ Grill for 3–4 minutes on one side until the pancetta is crisp, then turn and grill for a minute or two more until cooked through.
- ☐ Serve hot or warm with the lemon mayonnaise for dipping.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.0039130271129%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 56.67kcal (2.83%), Fat: 5.11g (7.86%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 0.17g (0.06%), Net Carbohydrates: 0.14g (0.05%), Sugar: 0.05g (0.06%), Cholesterol: 19.9mg (6.63%), Sodium: 55.96mg (2.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.11%), Vitamin K: 5.66µg (5.39%), Phosphorus: 27.92mg (2.79%), Copper: 0.04mg (2.1%), Vitamin E: 0.31mg (2.08%), Zinc: 0.19mg (1.25%), Selenium: 0.87µg (1.25%), Potassium: 36.58mg (1.05%), Magnesium: 4.16mg (1.04%)