



Prawn, pomegranate & grapefruit salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 2 pink grapefruits
- ☐ 2 tbsp olive oil
- ☐ 1 tbsp red wine vinegar
- ☐ 1 tsp caster sugar
- ☐ 2 tbsp optional: dill chopped
- ☐ 300 g prawn cooked peeled
- ☐ 0.5 cucumber diced with a teaspoon, halved
- ☐ 2 shallots finely chopped

- ☐ 2 handfuls frisée
- ☐ 2 handfuls rocket
- ☐ 100 g pack pomegranate seeds

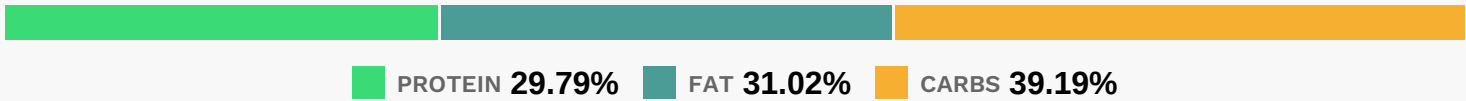
Equipment

- ☐ whisk

Directions

- ☐ Whisk together the grapefruit zest and juice, oil, vinegar, sugar and dill to make a dressing.
- ☐ Mix half with the prawns and allow to marinate for 10 mins.
- ☐ Just before serving, gently toss the cucumber, shallots, frise and rocket with the remaining dressing.
- ☐ Add a pile to each of 6 starter plates, along with the prawns and grapefruit segments. Scatter over the pomegranate seeds and serve.

Nutrition Facts



Properties

Glycemic Index:42.35, Glycemic Load:4.51, Inflammation Score:-7, Nutrition Score:8.2456521508486%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 27.85mg, Naringenin: 27.85mg, Naringenin: 27.85mg, Naringenin: 27.85mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 147.39kcal (7.37%), Fat: 5.33g (8.2%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 12.56g (4.57%), Sugar: 10g (11.11%), Cholesterol: 80.5mg (26.83%), Sodium: 63.83mg (2.78%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.05%), Vitamin C: 31mg (37.57%), Vitamin A: 1187.21IU (23.74%), Vitamin K: 15.67µg (14.92%), Phosphorus: 142.52mg (14.25%), Copper: 0.28mg (14.04%), Potassium: 376.38mg (10.75%), Fiber: 2.6g (10.39%), Magnesium: 35.34mg (8.83%), Folate: 30.79µg (7.7%), Calcium: 70.5mg (7.05%), Vitamin E: 0.93mg (6.2%), Manganese: 0.12mg (6.17%), Zinc: 0.9mg (5.99%), Vitamin B6: 0.1mg (5.23%), Vitamin B1: 0.06mg (4.25%), Vitamin B5: 0.4mg (4.04%), Iron: 0.68mg (3.78%), Vitamin B2: 0.05mg (2.93%), Vitamin B3: 0.27mg (1.36%)