



HEALTH SCORE

57%

Prawn & pomelo salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



273 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 tbsp juice of lime
- ☐ 2 tbsp fish sauce
- ☐ 2 tbsp muscovado sugar light
- ☐ 2 tsp sauce
- ☐ 1 just-ripe avocado
- ☐ 1 shallots finely sliced
- ☐ 1 bird's-eye chilli shredded red hot deseeded finely (if you don't like it too)
- ☐ 1 a plump white

- ☐ 250 g crayfish tails cooked
- ☐ 1 little gem lettuce
- ☐ 1 small pack coriander fresh
- ☐ 2 tbsp peanut salted toasted roughly chopped

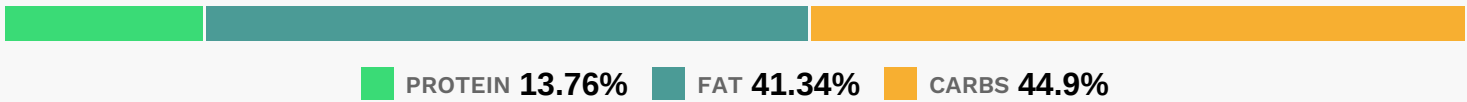
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Pull apart the pomelo (see below) or segment the grapefruit, retaining any juices for the salad. (Pomelos may be dry, which is why the recipe gives lime juice as an option.)
- ☐ Put 4 tbsp juice into a small pan with the fish sauce, sugar and tamarind paste. Bring to a simmer for 2 mins, or until thick and syrupy, then leave to cool.
- ☐ Halve, stone, then slice the avocado, and toss with the shallot, chilli and remaining juice. Mound into bowls with the pomelo flesh, prawns, lettuce and coriander. Spoon over the sticky dressing, then scatter with the chopped peanuts.

Nutrition Facts



Properties

Glycemic Index:79.42, Glycemic Load:5.36, Inflammation Score:-9, Nutrition Score:27.369564927143%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 2.24mg, Hesperetin: 2.24mg, Hesperetin: 2.24mg, Hesperetin: 2.24mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 273.02kcal (13.65%), Fat: 14.03g (21.58%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 34.28g (11.43%), Net Carbohydrates: 24.36g (8.86%), Sugar: 19.92g (22.13%), Cholesterol: 13.7mg (4.57%), Sodium: 970.83mg (42.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.5g (21.01%), Vitamin C: 82.05mg (99.46%), Vitamin B6: 1.13mg (56.41%), Manganese: 1.02mg (51.05%), Folate: 193.77µg (48.44%), Potassium: 1526.75mg (43.62%), Fiber: 9.92g (39.68%), Vitamin B2: 0.66mg (38.93%), Magnesium: 129.68mg (32.42%), Vitamin K: 27.96µg (26.63%), Phosphorus: 244.09mg (24.41%), Copper: 0.47mg (23.46%), Vitamin B3: 4.68mg (23.4%), Vitamin B1: 0.31mg (20.67%), Vitamin A: 934.44IU (18.69%), Vitamin B5: 1.78mg (17.77%), Iron: 2.49mg (13.83%), Vitamin E: 1.93mg (12.85%), Zinc: 1.9mg (12.7%), Calcium: 99.39mg (9.94%), Selenium: 6.31µg (9.01%), Vitamin B12: 0.37µg (6.13%)