



WHATSheATE



Prawn salad with orange, red onion & avocado



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



2 oranges



1 little gem lettuce separated



1 avocado ripe



140 g king prawn cooked



1 small onion red finely sliced



1 small bunch coriander leaves picked



2 tbsp chilli dipping sauce sweet



0.5 juice of lime

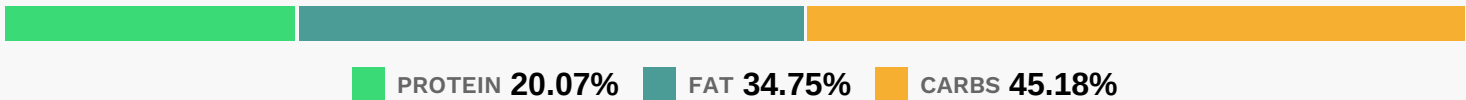
Equipment

☐ knife

Directions

- ☐ Stand each orange on a board and cut away the peel and pith with a sharp knife.
- ☐ Cut the oranges into 1cm slices.
- ☐ Arrange the lettuce on 2 plates. Halve, stone and peel the avocado, then slice.
- ☐ Place the avocado on top of the lettuce leaves and scatter the prawns on top.
- ☐ Divide the orange slices, onion and coriander leaves between each plate and toss together very lightly. For the dressing, mix the dipping sauce and lime juice together and season with black pepper. Spoon over the salad and serve.

Nutrition Facts



Properties

Glycemic Index:86.75, Glycemic Load:8.64, Inflammation Score:-9, Nutrition Score:28.904347772184%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 36.37mg, Hesperetin: 36.37mg, Hesperetin: 36.37mg, Hesperetin: 36.37mg Naringenin: 20.1mg, Naringenin: 20.1mg, Naringenin: 20.1mg, Naringenin: 20.1mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 17.74mg, Quercetin: 17.74mg, Quercetin: 17.74mg, Quercetin: 17.74mg

Nutrients (% of daily need)

Calories: 379.42kcal (18.97%), Fat: 15.85g (24.38%), Saturated Fat: 2.3g (14.4%), Carbohydrates: 46.35g (15.45%), Net Carbohydrates: 32.06g (11.66%), Sugar: 28.84g (32.05%), Cholesterol: 112.7mg (37.57%), Sodium: 291.48mg (12.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.59g (41.19%), Vitamin C: 94.69mg (114.77%),

Vitamin K: 98.72µg (94.02%), Fiber: 14.29g (57.16%), Folate: 212.54µg (53.13%), Vitamin A: 2069.14IU (41.38%), Potassium: 1399.25mg (39.98%), Manganese: 0.62mg (31.24%), Copper: 0.62mg (31.17%), Phosphorus: 293.22mg (29.32%), Vitamin B6: 0.52mg (26.24%), Magnesium: 92.75mg (23.19%), Vitamin B1: 0.32mg (21.44%), Vitamin B5: 2.07mg (20.68%), Vitamin E: 2.93mg (19.52%), Calcium: 174.15mg (17.42%), Vitamin B2: 0.27mg (16.05%), Zinc: 2.2mg (14.64%), Iron: 2.35mg (13.03%), Vitamin B3: 2.57mg (12.84%), Selenium: 1.64µg (2.35%)