



Prawns With Winter Cabbage Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 servings apple cider vinaigrette
- 2 bay leaves
- 1 tablespoon peppercorns black
- 6 servings winter cabbage salad
- 1 tablespoon caraway seeds
- 2 tablespoons ginger fresh chopped
- 3 garlic cloves halved
- 6 servings garnishes: blanched green beans whole

- 18 large prawns with heads(2 pounds)*
- 1 tablespoon pepper dried red crushed
- 1.5 tablespoons salt
- 1 gallon water
- 1.5 teaspoons allspice whole

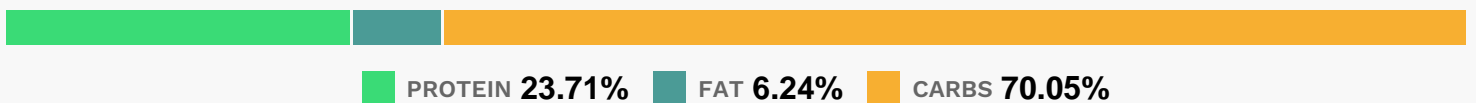
Equipment

- dutch oven

Directions

- Bring first 9 ingredients to a boil in a large Dutch oven; reduce heat, and simmer 15 minutes.
- Add prawns, and cook 8 to 10 minutes or just until prawns turn pink.
- Drain, reserving stock. Cool prawns over ice. Cool stock. Return prawns to stock; cover and chill 2 hours.
- Peel prawns, leaving tails on and reserving 6 heads. Toss Winter Cabbage Salad with Apple Cider Vinaigrette; chill 1 hour. Mound salad evenly on plates. Arrange prawns around salad.
- Serve with remaining vinaigrette.
- Garnish, if desired.
- *18 jumbo shrimp may be substituted for prawns.

Nutrition Facts



Properties

Glycemic Index:37.13, Glycemic Load:8.24, Inflammation Score:-7, Nutrition Score:14.619130694348%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.45mg,

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Nutrients (% of daily need)

Calories: 136.27kcal (6.81%), Fat: 1.03g (1.59%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 26.07g (8.69%), Net Carbohydrates: 20.97g (7.62%), Sugar: 16.23g (18.03%), Cholesterol: 48.3mg (16.1%), Sodium: 1856.14mg (80.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.65%), Vitamin K: 81.02µg (77.16%), Vitamin C: 34.76mg (42.13%), Manganese: 0.66mg (32.77%), Fiber: 5.1g (20.42%), Copper: 0.35mg (17.36%), Vitamin A: 866.28IU (17.33%), Potassium: 531.26mg (15.18%), Magnesium: 55.75mg (13.94%), Phosphorus: 128.88mg (12.89%), Calcium: 127.74mg (12.77%), Folate: 49.81µg (12.45%), Vitamin B6: 0.25mg (12.44%), Iron: 1.91mg (10.62%), Vitamin B1: 0.13mg (8.52%), Vitamin B2: 0.13mg (7.6%), Zinc: 0.92mg (6.16%), Vitamin E: 0.9mg (6.01%), Vitamin B3: 0.93mg (4.66%), Vitamin B5: 0.38mg (3.82%), Selenium: 1.41µg (2.01%)