



Quick prawn, fennel & tomato ragout



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 onion red chopped
- ☐ 1 large fennel bulb sliced quartered
- ☐ 395 g cherry tomatoes canned
- ☐ 200 g shrimp cooked peeled
- ☐ 1 handful olive green black

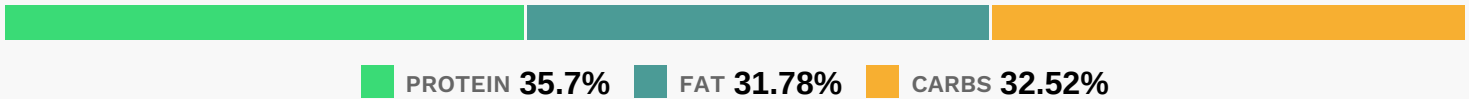
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large pan.
- ☐ Add the onion and fennel and cook for 5 mins, stirring every so often.
- ☐ Add the tomatoes and seasoning, then bring to the boil. Cover and cook on a low heat for 10 mins until the fennel is tender, then stir in the prawns and warm through.
- ☐ Serve scattered with olives and the reserved fennel tops, roughly chopped.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:3.35, Inflammation Score:-8, Nutrition Score:21.005651971568%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg

Nutrients (% of daily need)

Calories: 255.2kcal (12.76%), Fat: 9.55g (14.69%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 15.71g (5.71%), Sugar: 11.9g (13.22%), Cholesterol: 161mg (53.67%), Sodium: 359.9mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.14g (48.27%), Vitamin K: 83.58µg (79.6%), Vitamin C: 63.14mg (76.53%), Potassium: 1263.5mg (36.1%), Phosphorus: 344.15mg (34.42%), Copper: 0.65mg (32.49%), Manganese: 0.53mg (26.74%), Fiber: 6.27g (25.1%), Vitamin A: 1162.96IU (23.26%), Vitamin E: 3.18mg (21.23%), Magnesium: 79.26mg (19.82%), Folate: 68.01µg (17%), Iron: 2.92mg (16.23%), Calcium: 160.98mg (16.1%), Vitamin B6: 0.28mg (14.01%), Zinc: 1.95mg (12.99%), Vitamin B3: 1.89mg (9.43%), Vitamin B1: 0.11mg (7.35%), Vitamin B5: 0.6mg (5.96%), Vitamin B2: 0.1mg (5.67%), Selenium: 2.17µg (3.1%)