



Saucy prawns



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 garlic clove crushed
- ☐ 0.5 juice of lemon
- ☐ 1 tbsp no-sugar-added cherries
- ☐ 100 ml chicken stock see fine (from a cube is)
- ☐ 100 g shrimp cooked
- ☐ 1 serving rice steamed

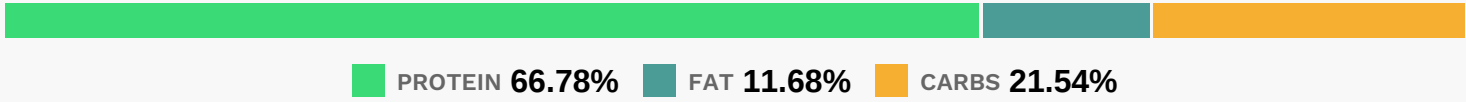
Equipment

- ☐ frying pan

Directions

- ☐ Heat the garlic, lemon juice, ketchup and stock together in a frying pan. Simmer until syrupy and thickened.
- ☐ Add the prawns and some seasoning, then heat through.
- ☐ Serve with broccoli, steamed rice and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:91.19, Glycemic Load:0.76, Inflammation Score:-1, Nutrition Score:5.8521738415179%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 142.94kcal (7.15%), Fat: 1.78g (2.75%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 7.29g (2.65%), Sugar: 3.01g (3.35%), Cholesterol: 164.04mg (54.68%), Sodium: 264.93mg (11.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.97g (45.94%), Phosphorus: 248.33mg (24.83%), Copper: 0.46mg (22.97%), Potassium: 399.14mg (11.4%), Magnesium: 40.96mg (10.24%), Zinc: 1.54mg (10.23%), Vitamin C: 6.94mg (8.42%), Vitamin B3: 1.65mg (8.27%), Calcium: 73.65mg (7.37%), Vitamin B2: 0.09mg (5.43%), Vitamin B6: 0.11mg (5.38%), Manganese: 0.1mg (4.79%), Iron: 0.8mg (4.47%), Selenium: 2.82µg (4.03%), Vitamin B1: 0.05mg (3.05%), Folate: 8.24µg (2.06%)