



Simple seafood platter

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



492 kcal

Ingredients

- ☐ 800 g seafood prawns mixed smoked
- ☐ 4 servings lemon wedges
- ☐ 4 servings brown bread
- ☐ 1 juice of lemon
- ☐ 1 tbsp dijon mustard
- ☐ 150 ml mayonnaise
- ☐ 1 small bunch optional: dill finely chopped

Equipment

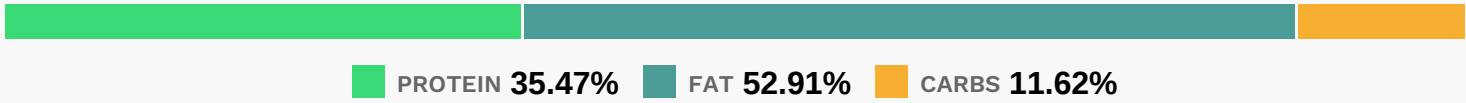
- ☐ bowl

☐ whisk

Directions

- ☐ Whisk the lemon juice with the mustard, then mix into the mayonnaise with the dill. Prepare up to a day ahead and chill.
- ☐ Lay out the seafood on a platter with lemon wedges and a bowl of the mayonnaise in the middle so everyone can help themselves.
- ☐ Serve with plenty of fresh brown bread.

Nutrition Facts



Properties

Glycemic Index:45.29, Glycemic Load:7.28, Inflammation Score:-2, Nutrition Score:14.036087050386%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 492.49kcal (24.62%), Fat: 29g (44.61%), Saturated Fat: 4.56g (28.53%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 12.99g (4.72%), Sugar: 2.07g (2.3%), Cholesterol: 336.91mg (112.3%), Sodium: 637.39mg (27.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.74g (87.48%), Vitamin K: 59.3µg (56.48%), Phosphorus: 476.55mg (47.66%), Copper: 0.83mg (41.74%), Manganese: 0.42mg (21.11%), Magnesium: 84.3mg (21.08%), Zinc: 3.06mg (20.37%), Calcium: 169.43mg (16.94%), Potassium: 591.16mg (16.89%), Selenium: 10.17µg (14.52%), Iron: 2.21mg (12.28%), Vitamin B1: 0.13mg (8.54%), Vitamin E: 1.24mg (8.29%), Vitamin B3: 1.6mg (7.99%), Folate: 27.82µg (6.96%), Fiber: 1.34g (5.35%), Vitamin B2: 0.08mg (4.81%), Vitamin C: 3.72mg (4.5%), Vitamin B5: 0.31mg (3.15%), Vitamin B6: 0.04mg (2.06%)