



Singapore Chile Prawns

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 loaf serving suggestions: of bread french
- ☐ 1 small bunch cilantro leaves cut into 1-inch long pieces
- ☐ 1.5 teaspoons masa
- ☐ 1 eggs
- ☐ 8 cloves garlic roughly chopped
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 1 teaspoon ed brown preserved soya beans dark
- ☐ 1 pound prawns whole unshelled

- ☐ 8 chiles fresh red roughly chopped
- ☐ 0.3 teaspoons salt
- ☐ 2 scallions cut into finger lengths
- ☐ 1.5 tablespoons sugar to taste
- ☐ 5 tablespoons tomato catsup
- ☐ 3 tablespoons vegetable oil
- ☐ 1 cup water

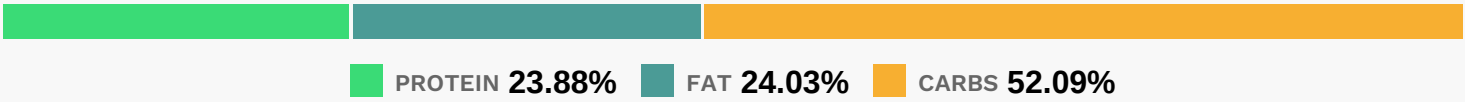
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Whisk together all the ingredients in a bowl and set aside.
- ☐ Cut down the backs of the prawns and remove the black intestinal vein. Set aside.
- ☐ Heat the oil in a wok or shallow saucepan over high heat.
- ☐ Add the garlic and stir-fry for 1 minute.
- ☐ Add the chiles and stir-fry for another minute.
- ☐ Add the prawns and stir-fry until the shell turn slightly red, about 2 to 3 minutes.
- ☐ Add the sauce and stir-fry until the shells turn red.
- ☐ Break the egg into the wok and, using a fork, streak the egg through the sauce (this is an important step, as the egg has to be in beautiful gold and white streaks). Simmer the sauce for a few seconds and remove from the heat. Stir in the scallions and lime juice.
- ☐ Transfer the prawns to a platter, garnish with the cilantro, and serve with chunks of French bread.
- ☐ Note: This dish is also wonderful with mussels, crabs or lobsters; or you could mix all the seafood together. It's a Singapore version of a French seafood stew.

Nutrition Facts



Properties

Glycemic Index:54.96, Glycemic Load:33.56, Inflammation Score:-8, Nutrition Score:28.627825835477%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 495.68kcal (24.78%), Fat: 13.4g (20.62%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 65.36g (21.79%), Net Carbohydrates: 59.46g (21.62%), Sugar: 13.2g (14.67%), Cholesterol: 148.99mg (49.66%), Sodium: 743.41mg (32.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.97g (59.93%), Vitamin C: 90.99mg (110.29%), Manganese: 1.59mg (79.46%), Selenium: 35.99µg (51.41%), Vitamin K: 39.94µg (38.03%), Phosphorus: 362.51mg (36.25%), Vitamin B3: 7.25mg (36.23%), Vitamin B1: 0.53mg (35.37%), Iron: 5.43mg (30.19%), Folate: 120.28µg (30.07%), Copper: 0.58mg (29.05%), Vitamin B6: 0.51mg (25.6%), Fiber: 5.9g (23.6%), Magnesium: 92.92mg (23.23%), Vitamin B2: 0.38mg (22.63%), Calcium: 218.17mg (21.82%), Potassium: 631.83mg (18.05%), Zinc: 2.56mg (17.08%), Vitamin A: 846.04IU (16.92%), Vitamin B5: 1.21mg (12.11%), Vitamin E: 1.39mg (9.27%), Vitamin B12: 0.07µg (1.09%)