



Spicy prawn poppadoms

 Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

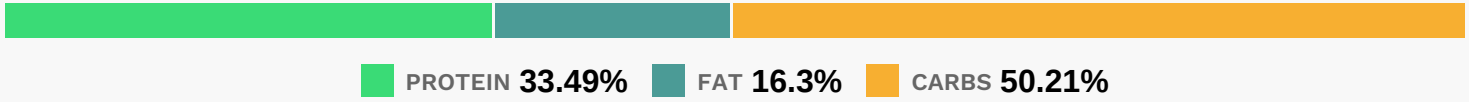
- ☐ 24 extra large tiger prawns frozen thawed cooked peeled
- ☐ 24 no boil lasagna noodles plain assorted mini
- ☐ 200 g tzatziki
- ☐ 24 servings cilantro leaves fresh chopped
- ☐ 24 servings paprika

Equipment

Directions

- ☐ Dry the prawns on kitchen paper and keep covered in the fridge.
- ☐ Lay out the poppadums on a serving platter.
- ☐ Before serving, spoon a little tzatziki into each poppadum. Stand a prawn on top, then finish with a scattering of coriander and a light dusting of paprika.

Nutrition Facts



Properties

Glycemic Index:1.96, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:5.9508695467983%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 122.21kcal (6.11%), Fat: 2.26g (3.47%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 14.3g (5.2%), Sugar: 0.81g (0.9%), Cholesterol: 79.98mg (26.66%), Sodium: 360.03mg (15.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.87%), Selenium: 16.7µg (23.86%), Vitamin A: 1120.41IU (22.41%), Phosphorus: 142.97mg (14.3%), Vitamin B12: 0.62µg (10.36%), Vitamin E: 1.32mg (8.82%), Vitamin B6: 0.13mg (6.66%), Vitamin B3: 1.2mg (5.99%), Copper: 0.12mg (5.82%), Fiber: 1.34g (5.37%), Calcium: 46mg (4.6%), Potassium: 152.79mg (4.37%), Zinc: 0.63mg (4.2%), Magnesium: 15.91mg (3.98%), Iron: 0.54mg (3.01%), Folate: 11.68µg (2.92%), Manganese: 0.05mg (2.42%), Vitamin B5: 0.22mg (2.24%), Vitamin K: 2.08µg (1.98%), Vitamin B2: 0.03mg (1.95%), Vitamin B1: 0.02mg (1.19%)