



WHATSheATE



Sweet jacket potato with piri-piri prawns



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



1

CALORIES



572 kcal

SIDE DISH

Ingredients

- ☐ 1 large sweet potatoes and into
- ☐ 2.5 tsp olive oil
- ☐ 1 garlic clove crushed
- ☐ 1 small pointed pepper red sliced into rings
- ☐ 1 pinch pepper
- ☐ 0.5 tsp paprika sweet
- ☐ 1 tbsp red wine vinegar
- ☐ 1 tbsp catsup

- ☐ 100 g shrimp raw
- ☐ 3 sprigs parsley chopped
- ☐ 2 tbsp mayonnaise light

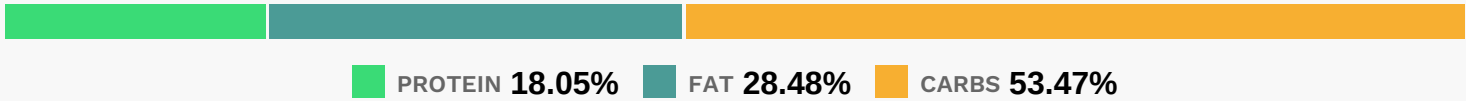
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the sweet potato on a baking tray, rub all over with a little of the oil and season with salt.
- ☐ Bake for 45 mins until really soft.
- ☐ Meanwhile, heat the remaining oil in a frying pan.
- ☐ Add the garlic and pepper and cook for 2 mins, making sure the garlic doesnt burn.
- ☐ Add the chilli flakes, half the paprika, the vinegar, ketchup, 1 tbsp water and prawns to the pan, then bubble for 2 mins until the prawns are cooked through. Stir through the parsley, saving a little to sprinkle over at the end.
- ☐ Mix the remaining paprika into the mayonnaise. Once the potato is cooked, split it down the centre, pile in the prawn mixture and dollop the paprika mayo on top. Scatter over the remaining parsley and serve.

Nutrition Facts



Properties

Glycemic Index:167, Glycemic Load:34.11, Inflammation Score:-10, Nutrition Score:28.596522020257%

Flavonoids

Apigenin: 6.51mg, Apigenin: 6.51mg, Apigenin: 6.51mg, Apigenin: 6.51mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.24mg, Quercetin: 0.24mg,

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Nutrients (% of daily need)

Calories: 572.4kcal (28.62%), Fat: 18.35g (28.23%), Saturated Fat: 2.71g (16.96%), Carbohydrates: 77.52g (25.84%), Net Carbohydrates: 66.71g (24.26%), Sugar: 19.04g (21.15%), Cholesterol: 165.48mg (55.16%), Sodium: 697.72mg (30.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.17g (52.34%), Vitamin A: 49149.1IU (982.98%), Vitamin K: 78.65µg (74.9%), Manganese: 1.01mg (50.48%), Copper: 0.95mg (47.37%), Potassium: 1527.68mg (43.65%), Fiber: 10.82g (43.27%), Vitamin B6: 0.8mg (40.22%), Phosphorus: 393.64mg (39.36%), Magnesium: 127.67mg (31.92%), Vitamin B5: 2.8mg (28.03%), Vitamin E: 3.74mg (24.9%), Vitamin B1: 0.28mg (18.8%), Vitamin C: 15.15mg (18.36%), Calcium: 183.5mg (18.35%), Iron: 3.29mg (18.29%), Zinc: 2.53mg (16.87%), Vitamin B2: 0.26mg (15.06%), Vitamin B3: 2.32mg (11.61%), Folate: 45.68µg (11.42%), Selenium: 3.4µg (4.86%)