



HEALTH SCORE

56%

Thai prawn fried rice



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



427 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 bell pepper red deseeded quartered cut into diagonal strips
- ☐ 5 spring onion roughly chopped finely chopped
- ☐ 100 g broccoli cut into small florets
- ☐ 2 tbsp curry paste green
- ☐ 200 g shrimp raw frozen thawed
- ☐ 250 g rice (we used Tilda)
- ☐ 100 g pea-mond dressing frozen

- ☐ 1 handful basil chopped
- ☐ 2 servings fish sauce to taste
- ☐ 100 g frangelico
- ☐ 100 g frangelico

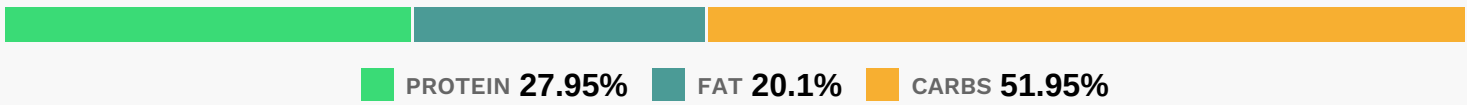
Equipment

- ☐ wok

Directions

- ☐ Heat the oil in a wok and stir-fry the pepper, whites of the onions, and broccoli for a few mins to soften. Stir in the curry paste and prawns, and cook for 1 min more.
- ☐ Add a splash of water, then crumble in the coconut rice, breaking it up with a spoon. Tip in the peas, beansprouts and greens of the onions, and stir-fry until everything has heated through, then add the basil and fish sauce to taste.

Nutrition Facts



Properties

Glycemic Index:158, Glycemic Load:42.62, Inflammation Score:-10, Nutrition Score:31.552608617622%

Flavonoids

Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 4.34mg, Kaempferol: 4.34mg, Kaempferol: 4.34mg, Kaempferol: 4.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 427.28kcal (21.36%), Fat: 9.65g (14.84%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 56.1g (18.7%), Net Carbohydrates: 48.45g (17.62%), Sugar: 6.86g (7.63%), Cholesterol: 161mg (53.67%), Sodium: 224.74mg (9.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.18g (60.37%), Vitamin C: 128.04mg (155.21%), Vitamin K: 121.39µg (115.61%), Vitamin A: 4896.42IU (97.93%), Manganese: 1.09mg (54.7%), Folate: 187.01µg (46.75%), Phosphorus: 405.95mg (40.6%), Copper: 0.68mg (33.76%), Fiber: 7.65g (30.6%), Vitamin E: 4.57mg (30.46%), Magnesium: 102.53mg (25.63%), Potassium: 818.92mg (23.4%), Vitamin B6: 0.45mg (22.54%), Zinc: 3.08mg (20.52%), Iron: 3.52mg (19.54%), Selenium: 12.21µg (17.44%), Calcium: 160.96mg (16.1%), Vitamin B1: 0.21mg (14.04%), Vitamin B5: 1.19mg (11.94%), Vitamin B2: 0.18mg (10.48%), Vitamin B3: 1.84mg (9.2%)