



Thai prawns with pineapple & green beans



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 2 lemon grass finely chopped
- ☐ 1 piece ginger shredded
- ☐ 100 g pineapple chunks fresh
- ☐ 100 g green beans
- ☐ 100 g cherry tomatoes whole
- ☐ 200 g shrimp raw
- ☐ 1 small basil

- ☐ 4 tbsp juice of lime
- ☐ 2 tbsp chicken stock see
- ☐ 1 tbsp fish sauce
- ☐ 1 tbsp brown sugar soft

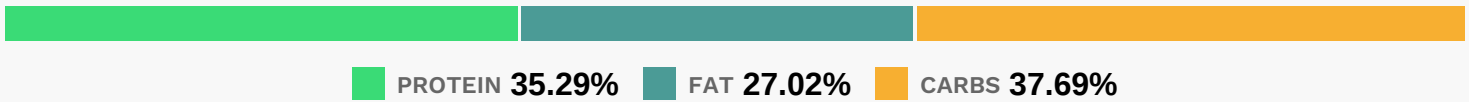
Equipment

- ☐ bowl
- ☐ wok

Directions

- ☐ Mix the sauce ingredients together in a small bowl. Set aside.
- ☐ Heat the oil in a large wok. Saut the lemongrass and ginger until golden.
- ☐ Add the pineapple, beans and cherry tomatoes, and stir-fry for 3–5 mins until the beans are just cooked.
- ☐ Add the prawns and the sauce. Stir-fry for another 3–5 mins until the prawns are cooked, then throw in most of the basil leaves.
- ☐ Serve with lime wedges and the remaining basil leaves scattered over.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:1.07, Inflammation Score:-6, Nutrition Score:13.320869622023%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 246.26kcal (12.31%), Fat: 7.78g (11.98%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 21.89g (7.96%), Sugar: 16.96g (18.84%), Cholesterol: 161.45mg (53.82%), Sodium: 858.99mg (37.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.87g (45.75%), Vitamin C: 31.62mg (38.32%), Vitamin K: 36.8µg (35.05%), Copper: 0.56mg (28.1%), Phosphorus: 265.97mg (26.6%), Manganese: 0.5mg (24.76%), Magnesium: 83.42mg (20.86%), Potassium: 676.52mg (19.33%), Vitamin A: 641.88IU (12.84%), Iron: 2.12mg (11.8%), Zinc: 1.77mg (11.8%), Calcium: 113.66mg (11.37%), Vitamin B6: 0.22mg (10.8%), Fiber: 2.54g (10.17%), Folate: 38.17µg (9.54%), Vitamin B1: 0.13mg (8.53%), Vitamin E: 1.13mg (7.55%), Vitamin B3: 1.35mg (6.76%), Vitamin B2: 0.1mg (6.12%), Selenium: 2.06µg (2.94%), Vitamin B5: 0.24mg (2.42%)