



Thai-style prawns



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 600 g shrimp
- ☐ 4 lemon grass
- ☐ 1 large to 5 chillies red seeded finely chopped
- ☐ 1 tbsp olive oil
- ☐ 2 tsp thai fish sauce
- ☐ 2 garlic clove crushed
- ☐ 2 tsp ginger grated
- ☐ 1 tsp ground cumin

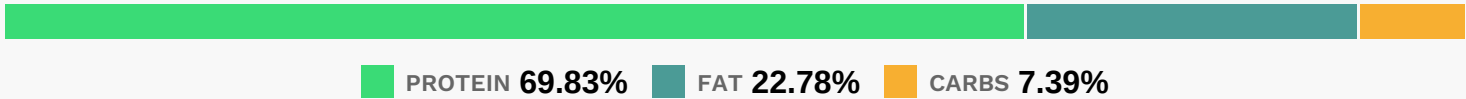
Equipment

- ☐ grill
- ☐ metal skewers

Directions

- ☐ Mix the marinade ingredients and add to the prawns. Leave for 5 mins. To cook on a barbecue: thread the prawns on metal skewers, place in the centre of the grill on the lemongrass and cook for 2–3 mins, turning once until opaque. Discard the lemongrass before eating.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:8.4182608807864%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 173.85kcal (8.69%), Fat: 4.47g (6.87%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.99g (1.09%), Sugar: 0.75g (0.83%), Cholesterol: 241.5mg (80.5%), Sodium: 416.61mg (18.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.81g (61.61%), Phosphorus: 336.23mg (33.62%), Copper: 0.63mg (31.34%), Vitamin C: 16.87mg (20.45%), Manganese: 0.38mg (19.14%), Magnesium: 65.97mg (16.49%), Zinc: 2.2mg (14.68%), Potassium: 496.15mg (14.18%), Calcium: 109.68mg (10.97%), Iron: 1.71mg (9.5%), Vitamin B6: 0.1mg (4.76%), Vitamin E: 0.6mg (4.01%), Vitamin K: 3.74µg (3.56%), Vitamin A: 114.25IU (2.28%), Folate: 8.07µg (2.02%), Vitamin B3: 0.31mg (1.53%), Vitamin B2: 0.02mg (1.28%), Vitamin B1: 0.02mg (1.21%), Fiber: 0.27g (1.09%)