



## The ultimate makeover: Prawn cocktail

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



750 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 650 g shells cooked peeled (to give 200g 8oz , prawns)
- 2 tbsp juice of lime
- 100 g cucumber
- 1 tbsp citrus champagne vinegar
- 1 tbsp optional: dill snipped
- 1 small avocado ripe
- 50 g watercress
- 1 pinch ground pepper for sprinkling

- 2 tbsp mayonnaise
- 1.5 tbsp catsup
- 1 tablespoon all the tabasco sauce you handle
- 1 tablespoon worcestershire sauce
- 1 tsp brandy
- 5 tbsp frangelico
- 5 tbsp frangelico

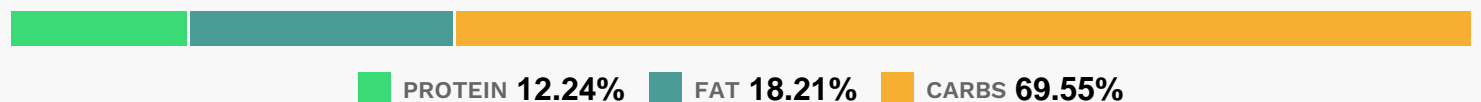
## Equipment

- sieve

## Directions

- Peel the prawns. Rinse them in a large sieve under a cold tap, then pat dry with kitchen paper.
- Lay the prawns in a shallow dish and squeeze over 1 tbsp of the lime juice, then add a twist of pepper. Set aside.
- Chop the cucumber into small dice and tip into a dish. Spoon over the vinegar, scatter over the dill and a grating of pepper, then set aside. Halve, stone and peel the avocado, then chop into small dice. Spoon over the rest of the lime juice and toss together gently with a twist of pepper.
- For the sauce, mix together the mayonnaise, fromage frais and ketchup. Stir in the Tabasco, Worcestershire and brandy with a twist of pepper.
- To serve, put a small spoonful of the sauce into the bottom of each cocktail glass. Very coarsely chop most of the watercress, leaving a few sprigs whole.
- Lay the chopped watercress on top of the sauce.
- Drain the cucumber well, then spoon it over the watercress with the avocado. Pile over the prawns, then spoon over the rest of the sauce. Tuck in the sprigs of watercress and serve with a sprinkling of cayenne.

## Nutrition Facts



## Properties

Glycemic Index:60.25, Glycemic Load:49.26, Inflammation Score:-8, Nutrition Score:24.657826174213%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

## Nutrients (% of daily need)

Calories: 750.23kcal (37.51%), Fat: 15.08g (23.21%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 129.65g (43.22%), Net Carbohydrates: 120.78g (43.92%), Sugar: 7.03g (7.81%), Cholesterol: 2.9mg (0.97%), Sodium: 262.21mg (11.4%), Alcohol: 0.42g (100%), Alcohol %: 0.19% (100%), Protein: 22.82g (45.64%), Selenium: 103.27µg (147.53%), Manganese: 1.62mg (81.18%), Vitamin K: 55.39µg (52.75%), Fiber: 8.87g (35.49%), Phosphorus: 353.56mg (35.36%), Copper: 0.61mg (30.58%), Magnesium: 108.78mg (27.19%), Potassium: 750.81mg (21.45%), Vitamin B6: 0.41mg (20.41%), Vitamin C: 16.82mg (20.38%), Folate: 76.96µg (19.24%), Vitamin B3: 3.81mg (19.07%), Zinc: 2.71mg (18.07%), Iron: 2.78mg (15.44%), Vitamin B5: 1.53mg (15.25%), Vitamin B1: 0.21mg (13.77%), Vitamin B2: 0.21mg (12.11%), Vitamin E: 1.7mg (11.35%), Vitamin A: 557.92IU (11.16%), Calcium: 66.49mg (6.65%)