



Warm rice & prawn salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



639 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g rice
- ☐ 1 large zucchini diced
- ☐ 250 g tiger prawns cooked (from the chiller cabinet)
- ☐ 1 handful basil fresh good
- ☐ 1 tsp juice of lemon for drizzling
- ☐ 1 tbsp olive oil for drizzling
- ☐ 50 g the salad fresh

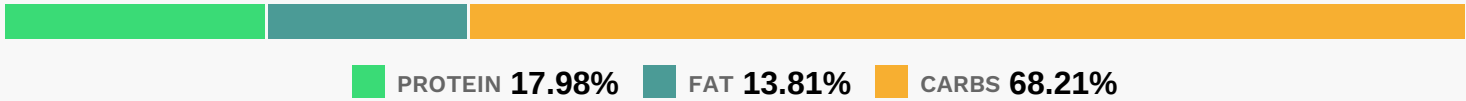
Equipment

☐ bowl

Directions

- ☐ Make the rice as it says on the pack, then tip into a bowl.
- ☐ Toss in the courgette, prawns and basil, then moisten with the lemon juice and oil and season to taste.
- ☐ Arrange a mix of salad leaves on each plate, drizzle with extra olive oil and lemon and spoon the rice salad on top.

Nutrition Facts



Properties

Glycemic Index:73.09, Glycemic Load:60.67, Inflammation Score:-7, Nutrition Score:26.143043479194%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 639.1kcal (31.96%), Fat: 9.63g (14.82%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 107.1g (35.7%), Net Carbohydrates: 103.84g (37.76%), Sugar: 4.25g (4.73%), Cholesterol: 157.5mg (52.5%), Sodium: 733.38mg (31.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.23g (56.46%), Manganese: 1.73mg (86.53%), Selenium: 56.3µg (80.43%), Phosphorus: 520.63mg (52.06%), Vitamin C: 35.86mg (43.46%), Vitamin B6: 0.69mg (34.61%), Copper: 0.6mg (30.24%), Vitamin B3: 5.1mg (25.5%), Vitamin B12: 1.39µg (23.13%), Magnesium: 91.36mg (22.84%), Potassium: 755.11mg (21.57%), Zinc: 3.15mg (21.02%), Folate: 82.94µg (20.73%), Vitamin B5: 2.02mg (20.2%), Vitamin E: 3mg (20.01%), Vitamin A: 884.9IU (17.7%), Vitamin K: 15.81µg (15.06%), Vitamin B2: 0.25mg (14.44%), Calcium: 133.58mg (13.36%), Fiber: 3.26g (13.05%), Vitamin B1: 0.19mg (12.91%), Iron: 2.09mg (11.61%)