



PINEAPPLE COCKTAIL

 Low protein diet

 Appetizer

 HSJDBCN

Kcal Kcal Hypercaloric



INGREDIENTS

RECIPE FOR 4 PEOPLE

- 160g lamb's lettuce
- 120g fresh pineapple
- 200g avocado
- 40g sweetcorn
- 40g Marie Rose (pink cocktail) sauce
- 20g caviar substitute

NUTRITIONAL VALUES (PER SERVING)

- Protein (brut) (g): 3.13 g (Kcal 7.9 %)
- Lipids total (g): 11.08 g (Kcal 63 %):
- Carbohydrates (g) 14.9 g (Kcal 37 %)
- Energy (Kcal): 157
- Polyunsaturates (g): 2.88
- Tryptophane (mg): 31.9
- Leucine (mg): 247
- Lysine (mg) 229
- Methionine (mg): 48.5
- Phenylalanine (mg): 201.6
- Tyrosine (mg): 1.7

METHOD

- Put some of the lamb's lettuce leaves in glasses.
- Chop the pineapple and the avocado and put them on top of the lettuce along with the sweetcorn.
- Add the Marie Rose (pink cocktail) sauce.
- Finally decorate with the caviar substitute.