AMERICAN · DINNER · LUNCH

Baked Butter Prawns

25 min · Serves 4 · 295 kcal a serve · Video 5:01 · Judi's Keto Kitchen

Pescatarian · Gluten-free ingredients · No nuts listed

Prawns give about 22 g protein, most of a day's selenium and a good dose of vitamin B12 per serve. The butter makes it high in saturated fat, so dip the prawns lightly rather than finishing all of it.

Diet notes: Carnivore if you leave out the fresh coriander and garlic; Keto (0.7 g net carbs a serve); Paleo with a swap: ghee instead of the butter.

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Ingredients 5 · SERVES 4

- [ ] 1 block (8 tbsp, 113 g) **butter**, sliced
- [ ] a little chopped **garlic**, about 2 cloves (optional; leave out for strict carnivore)
- [ ] 450 g **raw prawns** (shrimp), peeled, thawed and well drained
- [ ] a little **Old Bay seasoning** (optional)
- [ ] chopped **fresh coriander**, to serve (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Crustacea, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 175°C. Slice the butter into a baking dish, add the garlic if using, and put it in the oven for 4–10 minutes until the butter has melted. 0:36
2. Sprinkle in a little Old Bay seasoning if using, then lay the prawns in a single layer in the melted butter. 2:21
3. Bake about 10 minutes, then check: smaller prawns may be done sooner and very large ones may need a few minutes more. Don't overcook them. 3:34
4. Serve the prawns with the hot butter from the dish for dipping, with coriander on top if you like. 4:03

> **Tip** Serves 4 (the cook's recipe). A squeeze of lemon juice is an optional extra. Old Bay is salty, so taste before adding any salt.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
295 kcal	22 g	0.9 g	0.1 g	23 g	100 mg
1,230 kJ	44% of a day	0.7 g net · 0.1 g sugars	0% of a day	15 g saturated	5% of a day
		0% of a day		30% of a day	

Energy from net carbs 1% · protein 30% · fat 69% — fits keto: 0.7 g net carbs, 69% of the energy from fat

High in (20%+ of a day) Selenium 82% · Vitamin B12 66% · Vitamin A 27% · Omega-3 22%

Source of (10–19%) Zinc 14% · Vitamin E 12% · Vitamin B6 10%

Recipe and video: Judi's Keto Kitchen (@judisketokitchen) on YouTube — youtube.com/watch?v=KmPyLM-ywsA, published 23 May 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/carnivore-baked-butter-prawns