



Apple-Fennel Lobster Salad

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 oz imitation lobster refrigerated salad-style
- 1 cup apples red cored halved thinly sliced
- 1 fennel bulb thinly sliced cut in half, (1 1/4 cups)
- 0.3 cup golden raisins
- 0.3 cup salad dressing
- 0.5 teaspoon salt
- 0.5 teaspoon ground mustard
- 2 tablespoons orange juice concentrate frozen thawed

- 4 cups the of 1 cos lettuce
- 0.5 cup walnut pieces chopped

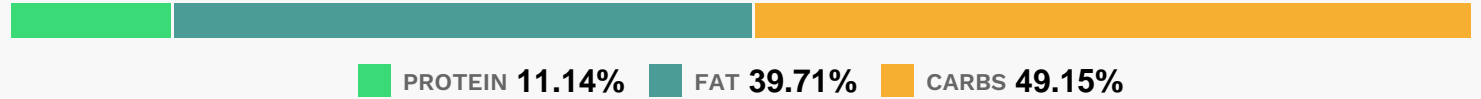
Equipment

- bowl
- whisk

Directions

- In medium bowl, mix imitation lobster, apple, fennel and raisins.
- In small bowl, beat mayonnaise, salt, mustard and apple juice concentrate with wire whisk until well blended.
- Pour over lobster mixture; toss.
- Among 4 plates, divide lettuce. Top with lobster salad.
- Sprinkle with walnuts.

Nutrition Facts



Properties

Glycemic Index:38.42, Glycemic Load:6.33, Inflammation Score:-10, Nutrition Score:17.944782599159%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 308.8kcal (15.44%), Fat: 14.13g (21.74%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 39.35g (13.12%), Net Carbohydrates: 33.42g (12.15%), Sugar: 18.99g (21.1%), Cholesterol: 9.36mg (3.12%), Sodium: 999.54mg (43.46%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.83%), Vitamin K: 97.32µg (92.69%), Vitamin A: 4227.04IU (84.54%), Manganese: 0.74mg (36.96%), Vitamin C: 21.63mg (26.22%), Folate: 101.35µg (25.34%), Fiber: 5.93g (23.73%), Copper: 0.34mg (17.25%), Potassium: 588.68mg (16.82%), Magnesium: 48.87mg (12.22%), Phosphorus: 117.33mg (11.73%), Vitamin B6: 0.22mg (10.78%), Iron: 1.61mg (8.94%), Vitamin B1: 0.12mg (8.12%), Calcium: 71.39mg (7.14%), Vitamin E: 1.06mg (7.04%), Vitamin B2: 0.11mg (6.54%), Zinc: 0.76mg (5.07%), Vitamin B3: 0.94mg (4.68%), Vitamin B5: 0.36mg (3.61%), Selenium: 2.32µg (3.31%)