



Apple-Fennel Lobster Salad

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

- 0.5 teaspoon salt
- 0.5 cup walnut pieces chopped

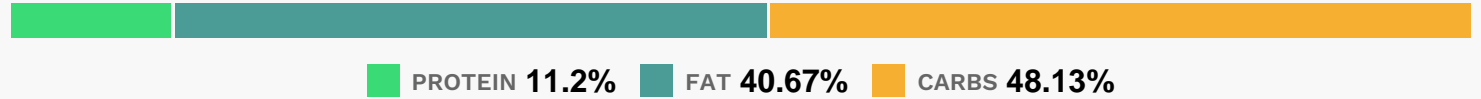
Equipment

- 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:48.6, Glycemic Load:6.67, Inflammation Score:-10, Nutrition Score:17.006522147552%

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: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg, Epicatechin: 2.71mg 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: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 301.31kcal (15.07%), Fat: 14.12g (21.72%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 37.6g (12.53%), Net Carbohydrates: 31.72g (11.54%), Sugar: 17.51g (19.46%), Cholesterol: 9.36mg (3.12%), Sodium: 999.33mg (43.45%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.49%), Vitamin K: 97.29µg (92.66%), Vitamin A: 4199.09IU (83.98%), Manganese: 0.74mg (37.06%), Folate: 95.66µg (23.92%), Fiber: 5.87g (23.5%), Copper: 0.34mg (17.08%), Potassium: 549.75mg (15.71%), Vitamin C: 10.98mg (13.31%), Magnesium: 46.65mg (11.66%), Phosphorus: 113.34mg (11.33%), Vitamin B6: 0.2mg (9.89%), Iron: 1.59mg (8.85%), Calcium: 69.18mg (6.92%), Vitamin B1: 0.1mg (6.87%), Vitamin E: 1.01mg (6.75%), Vitamin B2: 0.1mg (5.85%), Zinc: 0.75mg (5%), Vitamin B3: 0.86mg (4.3%), Selenium: 2.3µg (3.28%), Vitamin B5: 0.32mg (3.23%)