



## Avocado and Lobster Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 tablespoons canola oil
- 0.3 teaspoon ginger fresh finely grated
- 1 haas avocados peeled cut into chunks
- 3 pound lobsters
- 3 tablespoons rice vinegar
- 4 servings salt and pepper freshly ground
- 0.5 teaspoon soya sauce
- 1 pinch sugar

6 ounces watercress

## Equipment

bowl

whisk

pot

kitchen scissors

## Directions

In a large pot of boiling water, cook the lobsters until they turn bright red, about 13 minutes.

Drain and let cool. Twist off the tails and claws. Crack the claws and remove the meat; cut into large pieces. Using kitchen scissors, slit the tail shells lengthwise up the center and remove the tail meat.

Remove the black intestinal tract and discard.

Cut the tail meat into 1-inch medallions. Cover and refrigerate the lobster meat.

In a large bowl, combine the vinegar with the soy sauce, ginger and sugar.

Whisk in the oil until emulsified, then season with salt and pepper.

Add the watercress and lobster and toss gently, then add the avocado and toss just until dressed.

Serve chilled.

Make Ahead: The lobster meat can be refrigerated overnight.

Wine Recommendation: A Chardonnay-rich sparkling wine with brisk acidity will echo the sweetness of the lobster and balance the salty soy and peppery watercress flavors. The 1994 Domaine Carneros Le Rve and the 1997 Iron Horse Vineyard Blanc de Blancs fit the bill.

## Nutrition Facts



## Properties

Glycemic Index:55.52, Glycemic Load:0.66, Inflammation Score:-8, Nutrition Score:24.329130338586%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 9.79mg, Kaempferol: 9.79mg, Kaempferol: 9.79mg, Kaempferol: 9.79mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 12.75mg, Quercetin: 12.75mg, Quercetin: 12.75mg, Quercetin: 12.75mg

## **Nutrients (% of daily need)**

Calories: 254.92kcal (12.75%), Fat: 18.65g (28.69%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.69g (0.76%), Cholesterol: 120.97mg (40.32%), Sodium: 659.82mg (28.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.8g (35.6%), Vitamin K: 124.35µg (118.43%), Selenium: 61.23µg (87.48%), Copper: 1.42mg (70.77%), Vitamin A: 1434.13IU (28.68%), Vitamin C: 23.32mg (28.26%), Vitamin E: 4.13mg (27.55%), Zinc: 3.74mg (24.91%), Vitamin B5: 2.21mg (22.13%), Phosphorus: 206.5mg (20.65%), Vitamin B12: 1.19µg (19.84%), Potassium: 576.95mg (16.48%), Magnesium: 60.18mg (15.04%), Fiber: 3.59g (14.35%), Vitamin B6: 0.28mg (14.24%), Calcium: 138.09mg (13.81%), Folate: 54.2µg (13.55%), Vitamin B3: 2.51mg (12.53%), Manganese: 0.24mg (11.98%), Vitamin B2: 0.13mg (7.7%), Vitamin B1: 0.09mg (6.1%), Iron: 0.63mg (3.52%)