



Baja Lobster and Mango Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 but avocado diced firm pitted ripe peeled
- ☐ 1 juice of lime juiced
- ☐ 2 lobster tail pieces shelled cooked chopped
- ☐ 1 mangos diced pitted peeled
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large cranberry-orange relish
- ☐ 2 cups baby greens salad mix mixed
- ☐ 4 servings salt and pepper black freshly ground

☐ 2 scallions white green finely chopped

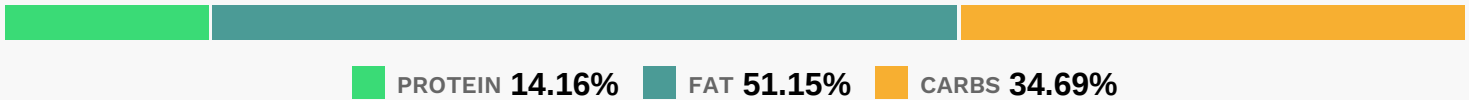
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Salad: Using a sharp knife, remove the peel and white pith from the orange. Working over a small bowl, slice between the membranes to release the orange segments, letting the juice and segments fall into the bowl (reserve the juice for the dressing). Using a slotted spoon, transfer the orange segments to a large bowl.
- ☐ Add the lobster, avocados, mango, and scallions.
- ☐ Dressing: In a small bowl, whisk together the olive oil and lime juice.
- ☐ Whisk 2 tablespoons of the reserved orange juice into the dressing and season with salt and pepper, to taste.
- ☐ Pour the dressing over the lobster mixture and toss gently to coat.
- ☐ Divide the salad greens between 4 glasses or bowls. Spoon the lobster salad on top and serve.

Nutrition Facts



Properties

Glycemic Index:49.56, Glycemic Load:5.71, Inflammation Score:-8, Nutrition Score:13.849565319393%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin:

0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 13.21mg, Hesperetin: 13.21mg, Hesperetin: 13.21mg Naringenin: 7.08mg, Naringenin: 7.08mg, Naringenin: 7.08mg, Naringenin: 7.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 186.36kcal (9.32%), Fat: 11.22g (17.26%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 13.29g (4.83%), Sugar: 11.82g (13.14%), Cholesterol: 40.18mg (13.39%), Sodium: 142.58mg (6.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.98%), Vitamin C: 53.84mg (65.26%), Selenium: 20.89µg (29.85%), Copper: 0.57mg (28.55%), Vitamin K: 24.29µg (23.14%), Vitamin A: 992.7IU (19.85%), Folate: 71.57µg (17.89%), Vitamin E: 2.4mg (16.02%), Fiber: 3.83g (15.31%), Potassium: 416.47mg (11.9%), Vitamin B5: 1.06mg (10.64%), Vitamin B6: 0.21mg (10.47%), Zinc: 1.43mg (9.53%), Phosphorus: 88.92mg (8.89%), Magnesium: 33.26mg (8.31%), Vitamin B3: 1.57mg (7.85%), Manganese: 0.15mg (7.53%), Vitamin B12: 0.4µg (6.59%), Calcium: 62.17mg (6.22%), Vitamin B1: 0.09mg (5.93%), Vitamin B2: 0.09mg (5.37%), Iron: 0.62mg (3.44%)