



Chilled Lobster and Asparagus with Shallot-Tarragon Vinaigrette

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound asparagus fresh
- 1 small head bibb lettuce
- 0.8 teaspoon parsley fresh chopped
- 0.8 teaspoon tarragon fresh chopped
- 1.5 tablespoons juice of lemon fresh
- 1 pound live lobsters
- 0.3 cup olive oil

- 0.1 teaspoon pepper freshly ground
- 0.1 teaspoon salt
- 2 tablespoons salt
- 1 shallots minced
- 1 sprigs garnishes: tarragon lemon wedges fresh
- 4 quarts water
- 1 tablespoon citrus champagne vinegar

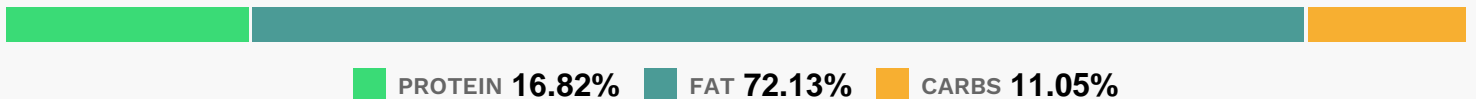
Equipment

- pot

Directions

- Bring 4 quarts water and salt to a boil in a large stockpot. Plunge lobsters, head first, into boiling water; return to a boil. Cover, reduce heat, and simmer 10 minutes; drain and cool.
- Remove meat from claws and tails. Chill lobster meat.
- Cook asparagus in boiling water to cover 3 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain and pat dry. Set aside.
- Combine olive oil through pepper in a jar; cover tightly, and shake vigorously.
- Arrange lettuce leaves, lobster, and asparagus on plates; drizzle with dressing; add tarragon sprig and lemon wedge to each serving, if desired.

Nutrition Facts



Properties

Glycemic Index:110.75, Glycemic Load:1.4, Inflammation Score:-10, Nutrition Score:27.925652213719%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg

6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 18.13mg, Quercetin: 18.13mg,
Quercetin: 18.13mg, Quercetin: 18.13mg

Nutrients (% of daily need)

Calories: 336.44kcal (16.82%), Fat: 27.89g (42.91%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 9.62g (3.21%),
Net Carbohydrates: 5.81g (2.11%), Sugar: 4.18g (4.64%), Cholesterol: 80.65mg (26.88%), Sodium: 7494.65mg
(325.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.26%), Vitamin K: 147.72µg (140.69%),
Vitamin A: 3595.74IU (71.91%), Copper: 1.41mg (70.64%), Selenium: 43.71µg (62.44%), Vitamin E: 5.89mg (39.29%),
Folate: 133.5µg (33.38%), Manganese: 0.5mg (24.81%), Iron: 4.27mg (23.7%), Zinc: 3.31mg (22.09%), Phosphorus:
199.75mg (19.97%), Magnesium: 76.19mg (19.05%), Vitamin C: 15.45mg (18.72%), Calcium: 185.57mg (18.56%),
Potassium: 633.25mg (18.09%), Vitamin B1: 0.23mg (15.58%), Fiber: 3.81g (15.26%), Vitamin B6: 0.3mg (15.16%),
Vitamin B5: 1.41mg (14.07%), Vitamin B2: 0.23mg (13.76%), Vitamin B12: 0.79µg (13.23%), Vitamin B3: 2.52mg
(12.58%)