



Chocolate Lobster Taco - Signature Taco

READY IN



60 min.

SERVINGS



4

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices applewood bacon smoked
- ☐ 1 ounce bittersweet chocolate 71 percent cacao
- ☐ 2 teaspoons buttermilk
- ☐ 1 chipotle pepper canned
- ☐ 1 teaspoons chipotle sauce from can
- ☐ 0.5 ear corn white
- ☐ 8 small flour tortillas
- ☐ 0.5 jicama sliced
- ☐ 1 australian lobster tail

- ☐ 0.5 cup olive oil
- ☐ 4 servings olive oil
- ☐ 0.5 teaspoon mexican paprika smoked
- ☐ 1 poblano pepper
- ☐ 4 servings salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 5 spring onion
- ☐ 0.5 teaspoon sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ double boiler
- ☐ grill
- ☐ microwave
- ☐ cutting board

Directions

- ☐ Cook bacon in a small skillet on medium heat until very crispy.
- ☐ Remove from pan and pat dry with a paper towel.
- ☐ Heat the chocolate in a double boiler or in a microwave until just melted. Dip bacon into the chocolate and let dry on waxed paper. Once dry, break into small bite-sized bits.
- ☐ Split the lobster tail in half and brush with olive oil and salt. Grill for 8 to 10 minutes and transfer to a cutting board. Pull the flesh from shell, chop into bite-sized chunks and add to a medium bowl.
- ☐ Peel and thinly slice jicama.

- ☐ Brush with olive oil and salt and grill about 2 minutes or until grill marks appear.
- ☐ Transfer to a cutting board and cut into thin strips.
- ☐ Trim ends of spring onions.
- ☐ Brush with olive oil and salt and grill for 3 to 4 minutes
- ☐ Transfer to a cutting board and chop.
- ☐ Grill the poblano for 5 to 7 minutes or until almost soft. Do not burn.
- ☐ Remove to a cutting board, peel and chop into bite-sized pieces.
- ☐ Peel corn and brush with olive oil. Grill until browned on all sides, turning occasionally, about 7 to 10 minutes.
- ☐ Remove from heat to a cutting board and allow to cool. When cool enough to handle, slice off the kernels with a knife.
- ☐ In a food processor, add the chipotle peppers and sauce, the grilled corn, sour cream, buttermilk, smoked paprika, sugar, and salt, to taste and pulse until smooth.
- ☐ Warm the flour tortillas on a pan or on the grill about 1 minute on each side.
- ☐ Layer each tortilla with lobster, jicama, green onion, poblano pepper, chipotle grilled corn creme, and chocolate bacon.
- ☐ Serve on a platter or individual plates and enjoy!

Nutrition Facts



Properties

Glycemic Index:51.77, Glycemic Load:10.56, Inflammation Score:-7, Nutrition Score:20.455217389957%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 586.95kcal (29.35%), Fat: 39.48g (60.74%), Saturated Fat: 11.23g (70.17%), Carbohydrates: 46.91g (15.64%), Net Carbohydrates: 38.5g (14%), Sugar: 9.77g (10.86%), Cholesterol: 48.64mg (16.21%), Sodium: 832.04mg (36.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 12.12g (24.23%),

Vitamin C: 43.65mg (52.91%), Vitamin K: 50.65µg (48.24%), Selenium: 29.2µg (41.71%), Fiber: 8.42g (33.67%),
Vitamin B1: 0.4mg (26.82%), Manganese: 0.52mg (25.94%), Vitamin E: 3.8mg (25.33%), Phosphorus: 242.46mg
(24.25%), Copper: 0.45mg (22.53%), Iron: 3.83mg (21.26%), Folate: 82.44µg (20.61%), Vitamin B3: 4.07mg (20.35%),
Vitamin B2: 0.29mg (16.96%), Calcium: 162.57mg (16.26%), Magnesium: 53.14mg (13.28%), Potassium: 442.09mg
(12.63%), Vitamin A: 593.77IU (11.88%), Vitamin B6: 0.23mg (11.34%), Zinc: 1.6mg (10.7%), Vitamin B5: 0.71mg
(7.06%), Vitamin B12: 0.36µg (6.08%)