



 **35%**
HEALTH SCORE

Crab-Stuffed Lobster with Citrus Vinaigrette

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

READY IN



45 min.

SERVINGS



8

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.5 cup oatmeal cornflakes crushed
- 1 large egg whites
- 2 tablespoons chives fresh chopped
- 0.3 cup ears corn fresh
- 3 tablespoons parsley fresh finely chopped
- 2 teaspoons tarragon fresh minced
- 1 cup leek finely chopped

- 1 teaspoon juice of lemon fresh
- 2 tablespoons juice of lemon fresh
- 2 tablespoons juice of lime fresh
- 6 pound pd of lobster whole
- 1 tablespoon mayonnaise low-fat
- 1 pound lump crab meat
- 1.5 teaspoons old bay seasoning
- 2 tablespoons olive oil
- 0.5 cup orange juice fresh
- 0.3 cup bell pepper red finely chopped
- 0.1 teaspoon salt
- 1.5 teaspoons sugar
- 5 quarts water
- 1 tablespoon dijon mustard
- 1.5 teaspoons dijon mustard

Equipment

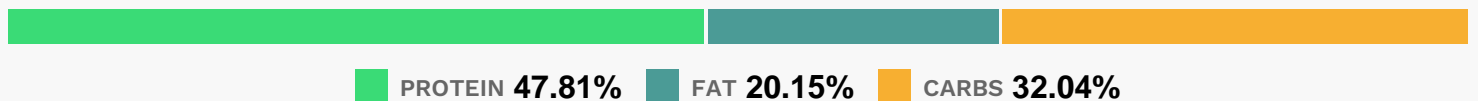
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk
- pot
- tongs

Directions

- To prepare stuffing, cook leek in boiling water 2 minutes.
- Drain and plunge leek into ice water; drain. Pat dry with a paper towel.

- Place leek, bell pepper, corn, and crab in a large bowl; toss gently to combine.
- Combine mayonnaise and next 4 ingredients (through egg white) in a small bowl, stirring with a whisk.
- Add mayonnaise mixture to crab mixture; toss gently to coat. Gently fold in parsley and tarragon; set aside.
- Preheat oven to 37
- To prepare lobster, bring 5 quarts water to a boil in an 8-quart stockpot; plunge 2 lobsters headfirst, 1 at a time, into water. Return to a boil. Cover, reduce heat, and simmer 2 minutes.
- Remove lobsters from pan using tongs; drain well. Repeat procedure with the remaining 2 lobsters. Cool lobsters slightly.
- Remove claws; place claws on a baking sheet.
- Cut the lobsters in half lengthwise; clean upper cavity of lobsters, leaving white meat intact.
- Arrange lobster halves, cut sides up, on a jelly-roll pan coated with cooking spray; spoon 1/2 cup stuffing into cleaned upper cavity of each lobster half. Top stuffing in each lobster half with 1 tablespoon cornflakes, and lightly coat with cooking spray.
- Place baking sheet with claws on bottom rack in oven; place jelly-roll pan with stuffed lobster halves on upper rack in oven.
- Bake at 375 for 20 minutes or until lobster halves are done and stuffing is lightly browned.
- Remove the lobster halves from oven; cover and keep warm.
- Bake claws an additional 10 minutes or until done. Cool claws slightly; remove meat from cooked claws.
- To prepare vinaigrette, combine orange juice and remaining ingredients, stirring with a whisk.
- Serve vinaigrette with lobster.

Nutrition Facts



Properties

Glycemic Index:53.64, Glycemic Load:2.03, Inflammation Score:-8, Nutrition Score:30.906521724618%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 2.82mg, Hesperetin: 2.82mg, Hesperetin: 2.82mg, Hesperetin: 2.82mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 239.85kcal (11.99%), Fat: 5.34g (8.22%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 17.89g (6.51%), Sugar: 4.71g (5.24%), Cholesterol: 145.07mg (48.36%), Sodium: 1107.61mg (48.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.51g (57.03%), Selenium: 84.5µg (120.72%), Vitamin B12: 7.04µg (117.28%), Copper: 1.97mg (98.53%), Zinc: 7.07mg (47.16%), Vitamin K: 37.87µg (36.06%), Vitamin C: 27.98mg (33.92%), Iron: 5.64mg (31.35%), Phosphorus: 312.74mg (31.27%), Folate: 109.72µg (27.43%), Vitamin B6: 0.52mg (26.19%), Vitamin B3: 5.13mg (25.64%), Magnesium: 88.81mg (22.2%), Vitamin B1: 0.28mg (18.9%), Vitamin B2: 0.31mg (18.12%), Vitamin B5: 1.74mg (17.41%), Vitamin A: 847.63IU (16.95%), Calcium: 148.61mg (14.86%), Potassium: 453.15mg (12.95%), Manganese: 0.25mg (12.73%), Vitamin E: 1.62mg (10.78%), Fiber: 1.21g (4.85%), Vitamin D: 0.53µg (3.55%)