



Deconstructed Lobster Salad

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



1104 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pinch pepper black freshly ground
- 1.5 tablespoons capers drained
- 8 celery stalks with leaves attached, sliced in half lengthwise and then crosswise
- 1.5 tablespoons optional: dill chopped
- 2 servings ice cubes crushed
- 1 pinch kosher salt
- 2 servings lemon mayonnaise (see recipe)
- 2 tablespoons juice of lemon

- 0.5 teaspoon lemon zest
- 2 pound lobsters cooked sliced in half lengthwise
- 0.5 cup mayonnaise good
- 1 Loaf sourdough bread sliced

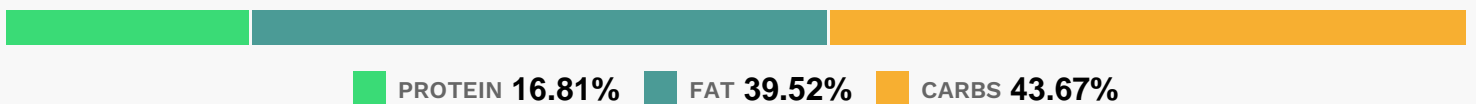
Equipment

- bowl
- whisk

Directions

- Watch how to make this recipe.
- Pour the crushed ice onto a serving platter and place a small bowl and a drinking glass in the middle of the platter. Arrange the lobster halves on top of the ice.
- Pour the Lemon Mayonnaise in the small bowl and place the celery sticks in the glass. Arrange bread slices around the outside edge of the platter and serve.
- Place the mayonnaise, lemon zest, lemon juice and capers in a medium bowl and whisk together.
- Add the dill, salt and pepper and whisk again.

Nutrition Facts



Properties

Glycemic Index:117.5, Glycemic Load:90.97, Inflammation Score:-9, Nutrition Score:44.30173874938%

Flavonoids

Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg Hesperetin: 4.12mg, Hesperetin: 4.12mg, Hesperetin: 4.12mg, Hesperetin: 4.12mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 7.96mg, Kaempferol: 7.96mg, Kaempferol: 7.96mg, Kaempferol: 7.96mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.72mg, Quercetin: 10.72mg, Quercetin: 10.72mg, Quercetin: 10.72mg

Nutrients (% of daily need)

Calories: 1104.11kcal (55.21%), Fat: 48.46g (74.56%), Saturated Fat: 8.01g (50.07%), Carbohydrates: 120.46g (40.15%), Net Carbohydrates: 114.72g (41.72%), Sugar: 11.6g (12.89%), Cholesterol: 184.82mg (61.61%), Sodium: 2455.25mg (106.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.39g (92.77%), Selenium: 147.03µg (210.04%), Vitamin B1: 1.65mg (110.03%), Copper: 2.1mg (105.15%), Vitamin K: 99.11µg (94.39%), Folate: 305.53µg (76.38%), Vitamin B3: 13.06mg (65.28%), Manganese: 1.3mg (64.86%), Vitamin B2: 1.02mg (59.89%), Iron: 9.52mg (52.88%), Zinc: 6.98mg (46.53%), Phosphorus: 461.16mg (46.12%), Magnesium: 126.84mg (31.71%), Vitamin B5: 2.77mg (27.71%), Vitamin B12: 1.65µg (27.58%), Calcium: 242.02mg (24.2%), Vitamin E: 3.55mg (23.65%), Fiber: 5.74g (22.98%), Vitamin B6: 0.41mg (20.31%), Potassium: 603.01mg (17.23%), Vitamin C: 11.17mg (13.54%), Vitamin A: 147.72IU (2.95%)