

food
network



HEALTH SCORE

65%

Grilled Fingerling Potato Salad with Lobster and Watercress



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



837 kcal

SIDE DISH

Ingredients



4 servings canola oil



2 tablespoons dijon mustard



15 fingerling potatoes salted drained



2 tablespoons cilantro leaves fresh chopped



1 tablespoon honey



16 ounce lobster tail pieces coarsely chopped



0.5 cup olive oil extra-virgin

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 bunch watercress coarsely chopped
- ☐ 3 tablespoons citrus champagne vinegar
- ☐ 1 tablespoon whole-grain mustard

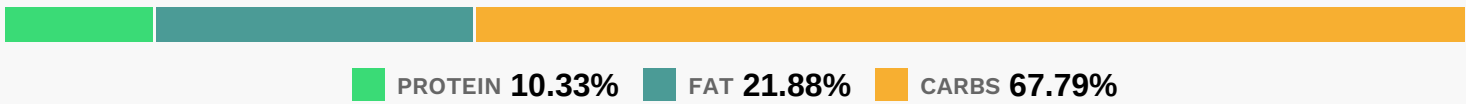
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk together the mustards, honey, vinegar and salt and pepper in a large bowl. Slowly whisk in the olive oil until emulsified and stir in the cilantro.
- ☐ Let sit at room temperature until ready to use.
- ☐ Heat grill to medium.
- ☐ Brush potatoes with canola oil and season with salt and pepper, to taste. Grill until lightly golden brown on both sides and just cooked through, about 2 minutes per side.
- ☐ Add the warm potatoes to the dressing, and toss to coat.
- ☐ Add the lobster and the watercress, season with salt and pepper and toss to combine.
- ☐ Transfer to a platter and serve.

Nutrition Facts



Properties

Glycemic Index:74.01, Glycemic Load:104.47, Inflammation Score:-9, Nutrition Score:41.989129937213%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 7.83mg, Kaempferol: 7.83mg, Kaempferol: 7.83mg, Kaempferol: 7.83mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.57mg, Quercetin:

7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

Nutrients (% of daily need)

Calories: 836.93kcal (41.85%), Fat: 20.75g (31.92%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 144.65g (48.22%), Net Carbohydrates: 126.52g (46.01%), Sugar: 10.72g (11.91%), Cholesterol: 40.32mg (13.44%), Sodium: 309.88mg (13.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.04g (44.07%), Vitamin C: 160.22mg (194.21%), Vitamin B6: 2.41mg (120.35%), Potassium: 3473.28mg (99.24%), Fiber: 18.13g (72.52%), Manganese: 1.33mg (66.25%), Copper: 1.31mg (65.45%), Phosphorus: 523.67mg (52.37%), Magnesium: 203.27mg (50.82%), Vitamin B3: 9.01mg (45.05%), Vitamin B1: 0.67mg (44.83%), Vitamin K: 44.99µg (42.84%), Selenium: 26.52µg (37.89%), Iron: 6.62mg (36.78%), Folate: 132.57µg (33.14%), Vitamin B5: 2.88mg (28.84%), Vitamin E: 3.69mg (24.61%), Zinc: 3.53mg (23.55%), Vitamin B2: 0.28mg (16.32%), Calcium: 138.73mg (13.87%), Vitamin B12: 0.4µg (6.61%), Vitamin A: 238.71IU (4.77%)