



Grilled Lobster with Potato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons dijon mustard
- ☐ 0.7 cup green onions finely chopped
- ☐ 0.3 cup juice of lemon
- ☐ 4 rock lobster tails frozen thawed ()
- ☐ 0.3 cup orange juice concentrate frozen thawed
- ☐ 0.3 cup salmon caviar fresh (ikura, optional)
- ☐ 4 servings salt
- ☐ 1.5 pounds yukon gold potatoes peeled

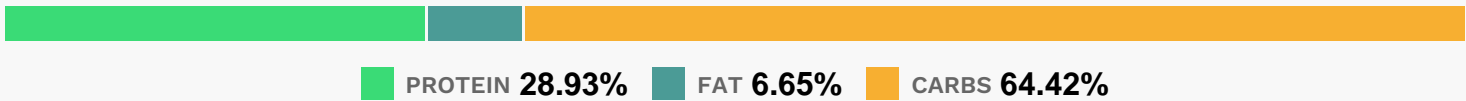
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ kitchen scissors
- ☐ cutting board

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring potatoes and 3 quarts water to a boil. Cover and simmer until potatoes are tender when pierced, 30 to 35 minutes.
- ☐ Drain. When potatoes are cool enough to touch, cut into 1/4- to 1/2-inch chunks.
- ☐ Meanwhile, in a large bowl, stir together orange juice concentrate, lemon juice, Dijon mustard, and green onions.
- ☐ Add potato chunks and mix gently.
- ☐ Add salt to taste.
- ☐ With scissors, cut lengthwise down the center of the top of each lobster shell. Set each tail, underside down, on a cutting board. Force a heavy knife through the cut in each shell to slice each lobster tail in half. Rinse lobster in shell.
- ☐ Lay lobster on a lightly oiled grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Turn once to cook evenly until lobster is opaque but moist-looking in center of thickest part (cut to test), about 7 minutes.
- ☐ Mound potato salad equally onto plates; top with caviar.
- ☐ Place 2 lobster halves around each salad portion.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:22.02, Inflammation Score:-7, Nutrition Score:25.940000160881%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 247.61kcal (12.38%), Fat: 1.87g (2.88%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 40.81g (13.6%), Net Carbohydrates: 36.14g (13.14%), Sugar: 9.2g (10.22%), Cholesterol: 135.67mg (45.22%), Sodium: 544.6mg (23.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.33g (36.65%), Vitamin C: 78.89mg (95.63%), Selenium: 48.63µg (69.47%), Copper: 1.09mg (54.31%), Vitamin K: 37.93µg (36.12%), Vitamin B6: 0.67mg (33.61%), Vitamin B12: 1.97µg (32.9%), Potassium: 1093.46mg (31.24%), Phosphorus: 285.5mg (28.55%), Magnesium: 81.06mg (20.27%), Zinc: 3.02mg (20.12%), Folate: 77.07µg (19.27%), Fiber: 4.67g (18.69%), Vitamin B1: 0.27mg (18.11%), Manganese: 0.36mg (17.92%), Vitamin B5: 1.75mg (17.48%), Vitamin B3: 3.45mg (17.27%), Vitamin B2: 0.23mg (13.71%), Vitamin E: 1.88mg (12.51%), Vitamin D: 1.79µg (11.93%), Iron: 2mg (11.1%), Calcium: 102mg (10.2%), Vitamin A: 310.47IU (6.21%)