



Heirloom Tomato Gazpacho with Lobster

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup cilantro leaves fresh divided chopped
- ☐ 4 pounds heirloom tomatoes yellow peeled seeded
- ☐ 1 tablespoon kosher salt
- ☐ 2 small leeks sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2.5 pound lobsters shelled steamed

- ☐ 0.5 cup crema mexicana sour
- ☐ 1 orange bell pepper quartered
- ☐ 1 bell pepper red quartered
- ☐ 1 teaspoon jalapeño chile red finely chopped
- ☐ 0.5 cup sherry vinegar
- ☐ 0.3 cup white wine

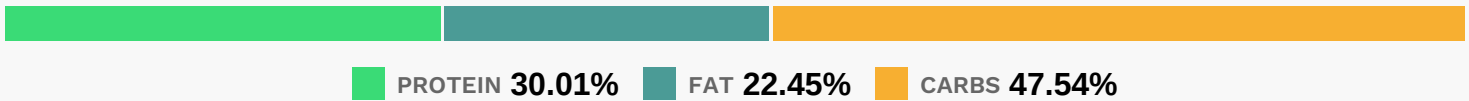
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Process first 9 ingredients, in batches, in a blender until smooth. Stir in 1/2 cup chopped cilantro. Chill at least 1 hour or up to 1 day.
- ☐ Slice lobster tails into medallions, and split each claw into 2 pieces by cutting across the flat side.
- ☐ Combine crema, lime juice, and lemon juice in a small bowl.
- ☐ Divide gazpacho among 6 bowls. Top evenly with lobster, crema mixture, and remaining 1/4 cup cilantro.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:4.86, Inflammation Score:-10, Nutrition Score:26.581739093946%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg

Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 172.96kcal (8.65%), Fat: 4.31g (6.63%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 15.42g (5.61%), Sugar: 11.65g (12.95%), Cholesterol: 77.63mg (25.88%), Sodium: 1493.65mg (64.94%), Alcohol: 1.03g (100%), Alcohol %: 0.27% (100%), Protein: 12.97g (25.93%), Vitamin C: 99.3mg (120.36%), Vitamin A: 4491.17IU (89.82%), Selenium: 34.04µg (48.63%), Copper: 0.95mg (47.34%), Vitamin K: 46.42µg (44.21%), Manganese: 0.62mg (30.87%), Potassium: 995.5mg (28.44%), Vitamin B6: 0.5mg (24.81%), Folate: 90.19µg (22.55%), Fiber: 5.12g (20.49%), Vitamin E: 3.06mg (20.4%), Phosphorus: 183.99mg (18.4%), Magnesium: 69.61mg (17.4%), Zinc: 2.56mg (17.03%), Vitamin B3: 3.2mg (15.98%), Calcium: 131.95mg (13.19%), Vitamin B5: 1.23mg (12.29%), Vitamin B1: 0.17mg (11.04%), Vitamin B12: 0.66µg (11.02%), Iron: 1.94mg (10.77%), Vitamin B2: 0.11mg (6.7%)