



## Lobster and Avocado Summer Roll with Mango Coulis

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

READY IN



**65 min.**

SERVINGS



**12**

CALORIES



**105 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 pound avocado sliced
- 2 ounces enoki mushrooms
- 2 teaspoons mint leaves fresh chopped
- 6 ounces ocean greens
- 1 cup hearts of palm cut into 1/4-inch sticks
- 12 servings kosher salt and cracked pepper fresh to taste
- 12 servings kosher salt to taste

- 2 tablespoons juice of lime fresh
- 1 pound lobster tail pieces cooked sliced
- 1 cup mangos ripe chopped
- 2 tablespoons mirin
- 0.5 cup olive oil
- 3 ounces similar type peppery salad green
- 12 8-inch vietnamese spring roll wrappers () (rice paper)

## Equipment

- bowl
- blender

## Directions

- Prepare the sauce by pureeing the mango, mirin, lime juice, and olive oil until smooth in a blender. Season to taste with salt, and refrigerate until ready to serve.
- Soak a spring roll wrapper in a bowl of warm water until just pliable, about 30 seconds. Gently shake off excess water, and place onto work surface.
- Place some of the sliced lobster, avocado, mizuna, mint, sea vegetables, heart of palm, and mushrooms in a strip on the bottom edge of the spring roll. Fold once towards the center, then fold in the sides and continue rolling into a cylinder. Repeat with remaining ingredients.
- To serve, slice each roll diagonally, and serve two per person accompanied by mango sauce.

## Nutrition Facts



**PROTEIN 12.88%** **FAT 39.48%** **CARBS 47.64%**

## Properties

Glycemic Index:11.4, Glycemic Load:1.7, Inflammation Score:-7, Nutrition Score:7.8126087615509%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-

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## **Nutrients (% of daily need)**

Calories: 104.89kcal (5.24%), Fat: 4.86g (7.47%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 10.68g (3.88%), Sugar: 6.11g (6.79%), Cholesterol: 13.53mg (4.51%), Sodium: 472.7mg (20.55%), Alcohol: 0.28g (100%), Alcohol %: 0.34% (100%), Protein: 3.57g (7.13%), Vitamin A: 992.6IU (19.85%), Copper: 0.35mg (17.26%), Potassium: 555.14mg (15.86%), Vitamin C: 12.35mg (14.96%), Vitamin B6: 0.26mg (13.05%), Selenium: 7.5µg (10.72%), Fiber: 2.51g (10.02%), Folate: 37.14µg (9.29%), Zinc: 1.36mg (9.08%), Phosphorus: 73.66mg (7.37%), Vitamin B3: 1.37mg (6.87%), Vitamin E: 0.97mg (6.47%), Vitamin B2: 0.1mg (5.65%), Vitamin B5: 0.54mg (5.42%), Vitamin K: 5.64µg (5.38%), Manganese: 0.1mg (4.9%), Magnesium: 18.21mg (4.55%), Vitamin B1: 0.06mg (4.29%), Iron: 0.77mg (4.28%), Vitamin B12: 0.13µg (2.21%), Calcium: 21.8mg (2.18%)