



Lobster and Corn Salad With Tarragon Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons chives fresh minced
- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 1 teaspoon tarragon fresh minced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pound live maine lobsters cooked chopped

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons shallots minced
- ☐ 1 tablespoon citrus champagne vinegar

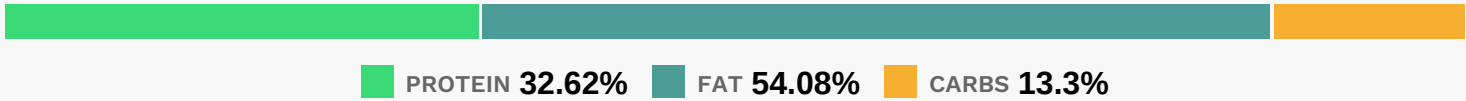
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 4 ingredients (through tarragon) in a small bowl.
- ☐ Whisk in olive oil in a slow, thin stream, and add salt and pepper; set aside.
- ☐ Gently combine corn and lobster in a serving bowl.
- ☐ Add vinaigrette and chives, and toss gently before serving.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:17.584782724795%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 245.05kcal (12.25%), Fat: 14.9g (22.93%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 7.26g (2.64%), Sugar: 2.79g (3.09%), Cholesterol: 144.02mg (48.01%), Sodium: 777.37mg (33.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.46%), Selenium: 72.44µg (103.49%), Copper: 1.56mg (78.07%), Zinc: 4.22mg (28.15%), Vitamin B12: 1.42µg (23.62%), Phosphorus: 220.97mg (22.1%), Vitamin E: 2.97mg (19.78%), Vitamin B5: 1.93mg (19.28%), Magnesium: 60.41mg (15.1%), Vitamin B3: 2.51mg (12.57%), Vitamin K: 11.57µg

(11.02%), Calcium: 105.95mg (10.59%), Potassium: 367.26mg (10.49%), Manganese: 0.19mg (9.68%), Vitamin B6: 0.18mg (9.25%), Folate: 31.97µg (7.99%), Vitamin C: 5.46mg (6.61%), Vitamin B1: 0.09mg (5.68%), Iron: 0.83mg (4.63%), Fiber: 0.99g (3.95%), Vitamin A: 159.39IU (3.19%), Vitamin B2: 0.05mg (2.7%)