



Lobster and Hearts of Palm Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



164 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.5 cup hearts of palm sliced
- ☐ 1 pound live maine lobsters cooked chopped
- ☐ 0.3 cup miso vinaigrette
- ☐ 1 tablespoon parsley fresh italian chopped
- ☐ 4 cups spring pea shoots mixed
- ☐ 0.5 teaspoon cracked pepper black
- ☐ 0.5 cup radicchio thinly shredded

- ☐ 1 teaspoon sea salt
- ☐ 0.3 cup watercress

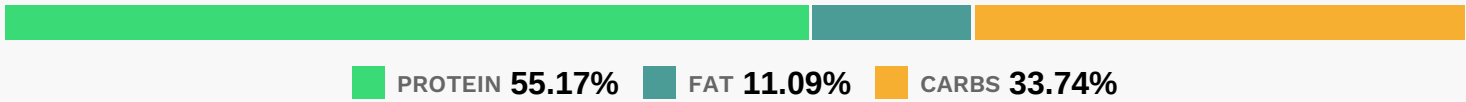
Equipment

- ☐ bowl

Directions

- ☐ Combine first 9 ingredients in a bowl; reserve a few pieces of lobster. Toss with Miso Vinaigrette, and garnish with remaining lobster.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:2.14, Inflammation Score:-6, Nutrition Score:22.457391365715%

Flavonoids

Cyanidin: 6.35mg, Cyanidin: 6.35mg, Cyanidin: 6.35mg, Cyanidin: 6.35mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 164.15kcal (8.21%), Fat: 2g (3.08%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 13.71g (4.57%), Net Carbohydrates: 12.18g (4.43%), Sugar: 6.19g (6.87%), Cholesterol: 144.02mg (48.01%), Sodium: 1719.31mg (74.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.41g (44.82%), Selenium: 73.77µg (105.39%), Copper: 1.84mg (91.83%), Vitamin K: 40.22µg (38.3%), Zinc: 5.68mg (37.86%), Phosphorus: 271.2mg (27.12%), Potassium: 897.4mg (25.64%), Vitamin B12: 1.43µg (23.85%), Vitamin B6: 0.43mg (21.55%), Vitamin B5: 1.78mg (17.77%), Vitamin C: 14.32mg (17.35%), Manganese: 0.32mg (15.87%), Magnesium: 60.76mg (15.19%), Vitamin A: 655.51IU (13.11%), Vitamin B3: 2.48mg (12.4%), Calcium: 121.99mg (12.2%), Folate: 41.32µg (10.33%), Iron: 1.6mg (8.89%), Vitamin E: 1.28mg (8.55%), Vitamin B2: 0.13mg (7.92%), Fiber: 1.53g (6.11%), Vitamin B1: 0.07mg (4.68%)