



Lobster and Pineapple Salad with Basil and Mint



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon fish sauce
- ☐ 2 peas with leaves, halved lengthwise
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 1 garlic clove smashed
- ☐ 2 tablespoons juice of lime fresh

- ☐ 2.5 lb pd of lobster
- ☐ 1 bell pepper red cut into 1/4-inch dice
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon serrano chiles fresh minced
- ☐ 1 small shallots thinly sliced
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup vegetable oil

Equipment

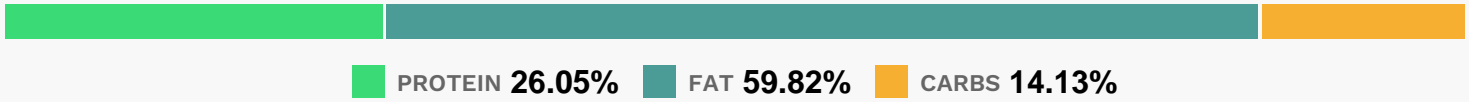
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ tongs

Directions

- ☐ Plunge lobsters headfirst into an 8-quart pot of boiling salted water. Loosely cover pot and cook lobsters over moderately high heat 9 minutes from the time they enter water, then transfer with tongs to sink to cool.
- ☐ Remove meat from claws, joints, and tails. Discard (or save for another use) tomalley, any roe, and shells.
- ☐ Cut meat into 1/2-inch pieces and sprinkle with salt and pepper.
- ☐ While lobsters are cooling, cut pulp in 1 or 2 large pieces out of each pineapple half with grapefruit knife, then discard core and cut pulp into 1/2-inch pieces. Scrape juice and any remaining pulp from pineapple shells with a spoon (to form 1/4-inch-thick shells) into a fine sieve set over a bowl and drain until you have 2 to 3 tablespoons juice, about 2 minutes. Discard solids.
- ☐ Cook oil and garlic in a small saucepan over moderately low heat, stirring, until garlic is golden, 2 to 3 minutes, then discard garlic.

- ☐ Add garlic oil to pineapple juice along with lime juice, fish sauce, and sugar, whisking until sugar is dissolved.
- ☐ Add shallot, bell pepper, pineapple pieces, chile, and herbs. Toss lobster with pineapple mixture and serve mounded in pineapple shells.
- ☐ · If you can't find baby pineapples, you can substitute 1 cup pineapple pieces from a firm-ripe regular pineapple.

Nutrition Facts



Properties

Glycemic Index:77.11, Glycemic Load:2.84, Inflammation Score:-8, Nutrition Score:17.208260795344%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 213.65kcal (10.68%), Fat: 14.38g (22.13%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.38g (2.32%), Sugar: 5.08g (5.65%), Cholesterol: 100.81mg (33.6%), Sodium: 983.26mg (42.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.09g (28.18%), Selenium: 51.15µg (73.07%), Copper: 1.11mg (55.39%), Vitamin C: 42.88mg (51.98%), Vitamin K: 31.16µg (29.68%), Vitamin A: 1160.5IU (23.21%), Zinc: 2.98mg (19.9%), Vitamin B12: 1.01µg (16.9%), Vitamin E: 2.31mg (15.39%), Phosphorus: 146.03mg (14.6%), Vitamin B5: 1.3mg (13%), Magnesium: 47.85mg (11.96%), Vitamin B6: 0.23mg (11.54%), Manganese: 0.2mg (9.79%), Vitamin B3: 1.78mg (8.9%), Calcium: 87.24mg (8.72%), Potassium: 295.96mg (8.46%), Folate: 32.23µg (8.06%), Fiber: 1.27g (5.06%), Iron: 0.72mg (3.98%), Vitamin B2: 0.05mg (3.22%), Vitamin B1: 0.04mg (2.98%)