



Lobster, Avocado, and Grapefruit Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado
- ☐ 2 cups baby arugula
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.3 lb pd of lobster
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 ruby grapefruit
- ☐ 2 teaspoons shallots finely chopped
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ tongs

Directions

- ☐ Plunge lobster headfirst into an 8-quart pot of boiling salted water. Cook, covered, over high heat 6 minutes (for 1 1/4-lb lobster) or 7 minutes (for 1 1/2-lb lobster) from time it enters water.
- ☐ Transfer with tongs to sink to drain.
- ☐ When lobster is cool enough to handle, remove meat from tail and claws, keeping meat intact. Discard tomalley, any roe, and shells. Chill lobster, covered, until cold, at least 1 hour.
- ☐ While lobster chills, stir together shallot, lemon juice, and table salt in a small bowl and let stand at room temperature 30 minutes.
- ☐ Add oil in a stream, whisking.
- ☐ Cut peel, including all white pith, from grapefruit with a sharp knife.
- ☐ Cut segments free from membranes and transfer segments to paper towels to drain.
- ☐ Halve avocado lengthwise, discarding pit. (Save 1 half, wrapped tightly in plastic wrap, for another use.) Halve remaining avocado half lengthwise and peel, then cut crosswise into 1/3-inch-thick slices.
- ☐ Cut lobster tail meat crosswise into 1/2-inch-thick slices. Divide avocado and all of lobster meat between 2 salad plates and arrange grapefruit around them. Top with arugula and drizzle with dressing.
- ☐ Sprinkle lightly with sea salt (if using) and serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:3.75, Inflammation Score:-9, Nutrition Score:27.362174324367%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 40.25mg, Naringenin: 40.25mg, Naringenin: 40.25mg, Naringenin: 40.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 405.43kcal (20.27%), Fat: 29.69g (45.68%), Saturated Fat: 4.26g (26.64%), Carbohydrates: 23.32g (7.77%), Net Carbohydrates: 14.21g (5.17%), Sugar: 9.89g (10.99%), Cholesterol: 100.81mg (33.6%), Sodium: 639.49mg (27.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.66g (33.33%), Selenium: 51.1µg (73%), Vitamin C: 54.49mg (66.05%), Copper: 1.32mg (65.98%), Vitamin K: 51.35µg (48.9%), Vitamin A: 2039.54IU (40.79%), Fiber: 9.11g (36.43%), Vitamin E: 5.04mg (33.63%), Folate: 126.91µg (31.73%), Vitamin B5: 2.97mg (29.71%), Potassium: 900.64mg (25.73%), Zinc: 3.64mg (24.25%), Vitamin B6: 0.43mg (21.55%), Phosphorus: 214.4mg (21.44%), Magnesium: 80.66mg (20.16%), Vitamin B3: 3.33mg (16.67%), Vitamin B12: 0.99µg (16.54%), Manganese: 0.29mg (14.3%), Calcium: 139.31mg (13.93%), Vitamin B2: 0.2mg (11.68%), Vitamin B1: 0.15mg (9.86%), Iron: 1.26mg (7%)