



Lobster Ceviche

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

READY IN



130 min.

SERVINGS



6

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup arugula chopped
- 1 rib celery diced
- 0.5 cucumber diced
- 1 jalapeño diced
- 3 juice of lemon juiced
- 3 juice of lime juiced
- 1 juice of orange juiced
- 6 servings kosher salt and pepper black freshly ground

- 4.5 pound live lobsters
- 2 tablespoons olive oil
- 2 heads radicchio thinly quartered
- 0.3 onion diced red

Equipment

- pot
- grill
- grill pan

Directions

- In a pot of boiling water, cook the lobsters for 6 minutes. The meat should not be cooked all the way, only about 75 percent done. Cool and remove the meat from the tails. Dice into 1-inch pieces. Reserve the rest of the lobster meat for another use.
- Mix the tail meat with the citrus juices and refrigerate for 1 hour.
- Add the celery, jalapeno, cucumber, arugula and onion to the lobster and let stand another 30 minutes.
- Heat the oil in a grill pan over medium-high heat. Grill the radicchio until just wilted, 2 to 3 minutes per side. Season with salt. Slice the radicchio into coarse ribbons. To serve, make a bed of radicchio and spoon the ceviche right on top.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:22.989999854046%

Flavonoids

Cyanidin: 118.52mg, Cyanidin: 118.52mg, Cyanidin: 118.52mg, Cyanidin: 118.52mg Delphinidin: 7.17mg, Delphinidin: 7.17mg, Delphinidin: 7.17mg, Delphinidin: 7.17mg Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.19mg, Apigenin: 0.19mg

Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 35.56mg, Luteolin: 35.56mg, Luteolin: 35.56mg, Luteolin: 35.56mg
Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.34mg,
Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg Quercetin: 30.71mg, Quercetin: 30.71mg, Quercetin: 30.71mg, Quercetin: 30.71mg

Nutrients (% of daily need)

Calories: 154.52kcal (7.73%), Fat: 5.75g (8.85%), Saturated Fat: 0.89g (5.59%), Carbohydrates: 8.93g (2.98%), Net
Carbohydrates: 7.5g (2.73%), Sugar: 2.77g (3.08%), Cholesterol: 120.97mg (40.32%), Sodium: 430.43mg (18.71%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.55g (35.11%), Vitamin K: 246.18µg (234.46%), Selenium:
61.55µg (87.93%), Copper: 1.64mg (81.95%), Vitamin C: 27.01mg (32.74%), Zinc: 4.03mg (26.89%), Vitamin E:
3.78mg (25.23%), Phosphorus: 205.07mg (20.51%), Folate: 81.25µg (20.31%), Vitamin B12: 1.19µg (19.84%), Vitamin
B5: 1.78mg (17.83%), Potassium: 593.64mg (16.96%), Magnesium: 56.63mg (14.16%), Manganese: 0.24mg (11.84%),
Calcium: 111.17mg (11.12%), Vitamin B6: 0.2mg (10.14%), Vitamin B3: 1.9mg (9.49%), Fiber: 1.43g (5.71%), Iron: 0.96mg
(5.32%), Vitamin B1: 0.06mg (4.2%), Vitamin B2: 0.06mg (3.58%), Vitamin A: 150.91IU (3.02%)