



Lobster Claw and Potato Salad with Horseradish-Mustard Dressing

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



719 kcal

SIDE DISH

Ingredients

- 2 tablespoons tarragon leaves fresh chopped
- 3 cloves garlic finely chopped
- 0.3 cup horseradish prepared drained
- 16 lobster claws steamed coarsely chopped
- 1.5 cups mayonnaise prepared
- 8 servings salt and pepper black freshly ground
- 8 scallions white green thinly sliced

- 0.3 cup citrus champagne vinegar
- 0.3 cup whole-grain mustard
- 5 pounds yukon gold potatoes

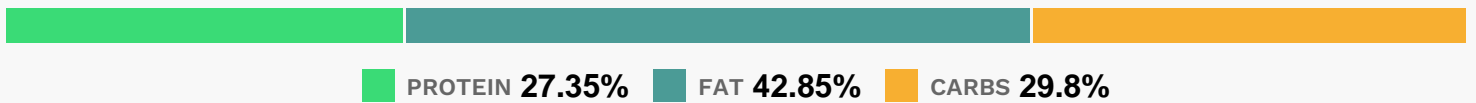
Equipment

- bowl
- whisk
- pot

Directions

- Place potatoes in a large pot of salted cold water. Bring to a boil and cook until just cooked through, about 10 to 12 minutes, but varies based on size of potatoes.
- Drain, let cool slightly, and cut into 1/2-inch dice.
- Combine the potatoes and lobster in a large bowl.
- Whisk together the mayonnaise, mustard, horseradish, vinegar, and garlic in a medium bowl and season with salt and pepper.
- Add the mayonnaise mixture to the potato-lobster mixture and stir gently until combined. Fold in the scallions and tarragon and re-season with salt and pepper, to taste.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.59, Glycemic Load:37.43, Inflammation Score:-8, Nutrition Score:43.073913245097%

Flavonoids

Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 718.63kcal (35.93%), Fat: 34.03g (52.36%), Saturated Fat: 5.51g (34.43%), Carbohydrates: 53.24g (17.75%), Net Carbohydrates: 45.93g (16.7%), Sugar: 3.45g (3.84%), Cholesterol: 337.68mg (112.56%), Sodium: 1470.58mg (63.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.88g (97.76%), Selenium: 165.26µg (236.08%), Copper: 3.75mg (187.55%), Vitamin K: 99.08µg (94.37%), Vitamin C: 61.27mg (74.26%), Zinc: 10.02mg (66.83%), Phosphorus: 599.26mg (59.93%), Vitamin B6: 1.18mg (58.82%), Vitamin B12: 3.2µg (53.34%), Potassium: 1830.76mg (52.31%), Vitamin B5: 4.61mg (46.1%), Magnesium: 176.37mg (44.09%), Manganese: 0.81mg (40.67%), Vitamin B3: 7.3mg (36.49%), Fiber: 7.31g (29.24%), Calcium: 289.66mg (28.97%), Vitamin E: 3.69mg (24.63%), Folate: 90µg (22.5%), Iron: 3.92mg (21.75%), Vitamin B1: 0.31mg (20.67%), Vitamin B2: 0.18mg (10.32%), Vitamin A: 242.51IU (4.85%)