



WHATSheATE

Lobster Cobb Salad



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



979 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocados ripe
- ☐ 0.5 pound bacon chopped
- ☐ 3 tablespoons balsamic vinegar
- ☐ 4 servings pepper black freshly ground
- ☐ 3 stalks celery cut into 2-inch pieces
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 pound grape tomatoes red yellow halved
- ☐ 6 hardboiled eggs chilled

- ☐ 0.5 pound haricots verts end trimmed cut into 1/4-inch pieces
- ☐ 3 pound lobsters
- ☐ 1 medium onion quartered
- ☐ 2 hearts romaine trimmed cut into 1/2-inch slices
- ☐ 4 ounces roquefort crumbled
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 shallots finely chopped
- ☐ 1 tablespoon sherry vinegar
- ☐ 8 sprigs thyme leaves
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup walnut oil
- ☐ 0.3 cup citrus champagne vinegar

Equipment

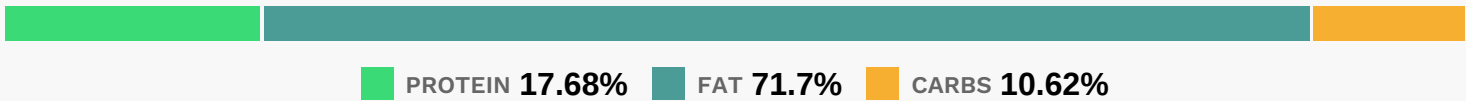
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add the celery, onion, thyme, vinegar, and black pepper and boil for 10 minutes.
- ☐ Add the lobsters, cover, and simmer for 8 to 10 minutes, until shells are bright red and lobster is cooked through.

- ☐ Remove the lobsters from the water and immediately shock in ice water to stop the cooking. Shell the tail and the claws and cut the meat into 1/2-inch chunks. Reserve.
- ☐ Cook the bacon until crisp.
- ☐ Drain on a paper towel lined plate and set aside.
- ☐ Separate the egg whites from the yolks. Pass each separately through a medium strainer or food mill. Reserve.
- ☐ Blanch the haricots verts in a small saucepan of salted boiling water for 1 minute.
- ☐ Drain and shock in ice water.
- ☐ Drain well and set aside.
- ☐ Peel avocados, discard seeds, and cut into 1/2-inch chunks.
- ☐ Place in a bowl and cover with plastic wrap. Reserve.
- ☐ In a mixing bowl, add the romaine and season with salt and pepper.
- ☐ Add 1/3 cup of the dressing and toss. Divide into 4 serving plates. Arrange the toppings in strips on top of the salad mix, starting on 1 end with the bacon, haricots verts, egg yolk, lobster, egg white, tomato, and avocado.
- ☐ Sprinkle the cheese all over the top.
- ☐ Serve the remaining dressing on the side.
- ☐ Combine shallot, Dijon, and vinegars in a large bowl and whisk well. While whisking, slowly drizzle in the oils until it is incorporated into the dressing. Season, to taste, with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:107.75, Glycemic Load:4.7, Inflammation Score:-10, Nutrition Score:48.632173952849%

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 Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg

0.91mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Isorhamnetin: 1.38mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg

Nutrients (% of daily need)

Calories: 978.51kcal (48.93%), Fat: 79.04g (121.6%), Saturated Fat: 20.37g (127.31%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 14.41g (5.24%), Sugar: 9.48g (10.53%), Cholesterol: 463.66mg (154.55%), Sodium: 1708.52mg (74.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.86g (87.71%), Selenium: 103.05µg (147.21%), Vitamin A: 6879.95IU (137.6%), Vitamin K: 130.24µg (124.04%), Copper: 1.67mg (83.5%), Folate: 261.49µg (65.37%), Phosphorus: 612.74mg (61.27%), Vitamin B2: 0.89mg (52.29%), Vitamin B5: 5.05mg (50.48%), Fiber: 11.93g (47.73%), Vitamin B6: 0.89mg (44.53%), Zinc: 6.63mg (44.18%), Potassium: 1489.94mg (42.57%), Vitamin B12: 2.49µg (41.47%), Vitamin C: 33.79mg (40.95%), Calcium: 404.21mg (40.42%), Manganese: 0.71mg (35.28%), Vitamin B3: 6.95mg (34.76%), Vitamin E: 5.17mg (34.49%), Magnesium: 133.17mg (33.29%), Vitamin B1: 0.45mg (29.99%), Iron: 4.22mg (23.46%), Vitamin D: 1.88µg (12.51%)