



WHATSheATE



Lobster, Corn, and Potato Salad with Tarragon



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



433 kcal

SIDE DISH

Ingredients

- ☐ 2 cups cherry tomatoes halved
- ☐ 0.5 teaspoon dijon mustard
- ☐ 3 ears corn
- ☐ 1.5 tablespoons tarragon fresh chopped
- ☐ 1 cup salad leaves curly endive french coarsely chopped (curly endive)
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 6 lb pd of lobster fresh cooked
- ☐ 0.3 cup olive oil extra virgin extra-virgin

- ☐ 1 lb potatoes – remove skin red
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup spring onion sliced

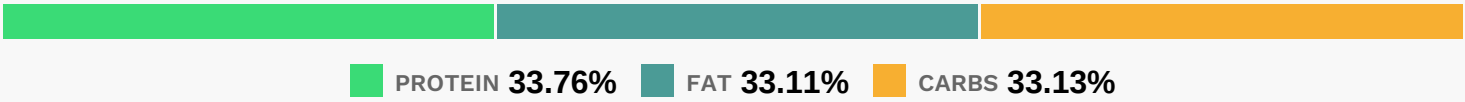
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slotted spoon
- ☐ tongs
- ☐ colander

Directions

- ☐ Plunge 2 live lobsters headfirst into an 8-quart pot of boiling salted water. Cover and cook lobsters over moderately high heat 9 minutes from time they enter water, then transfer with tongs to sink to cool. Return water to a boil and cook remaining 2 lobsters in same manner. Leave water boiling in pot.
- ☐ Simmer potatoes in lobster cooking water until just tender, 15 to 20 minutes.
- ☐ Transfer with a slotted spoon to a colander, reserving boiling water in pot.
- ☐ Boil corn in same water until crisp-tender, about 3 minutes, then drain.
- ☐ When lobsters are cool, remove meat from claws, joints, and tails, reserving shells for another use.
- ☐ Cut meat into 1-inch pieces.
- ☐ Cut potatoes into 3/4-inch pieces, and cut corn from cobs.
- ☐ Whisk together lemon juice, tarragon, mustard, and salt until combined, then add oil in a thin stream, whisking.
- ☐ Just before serving, toss together lobster meat, potatoes, corn, vinaigrette, tomatoes, frisée, and scallion in a large bowl and season with salt and pepper.
- ☐ Lobster may be cooked 1 day ahead

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:36.50739105888%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 432.6kcal (21.63%), Fat: 16.37g (25.18%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 36.84g (12.28%), Net Carbohydrates: 32.07g (11.66%), Sugar: 8.07g (8.97%), Cholesterol: 241.95mg (80.65%), Sodium: 1151.09mg (50.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.55g (75.1%), Selenium: 122.93µg (175.62%), Copper: 2.88mg (143.9%), Vitamin K: 68.16µg (64.92%), Zinc: 7.71mg (51.41%), Vitamin C: 40.84mg (49.5%), Phosphorus: 475.43mg (47.54%), Potassium: 1407.2mg (40.21%), Vitamin B12: 2.38µg (39.69%), Vitamin B5: 3.82mg (38.22%), Manganese: 0.74mg (36.77%), Magnesium: 144.42mg (36.1%), Vitamin B3: 6.28mg (31.39%), Vitamin B6: 0.6mg (29.94%), Vitamin E: 4.42mg (29.48%), Vitamin A: 1415.05IU (28.3%), Folate: 105.69µg (26.42%), Calcium: 230.58mg (23.06%), Fiber: 4.77g (19.06%), Vitamin B1: 0.28mg (18.9%), Iron: 3.36mg (18.67%), Vitamin B2: 0.17mg (10.09%)