



## 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 frisée french coarsely chopped ( curly endive)
- 2.5 tablespoons juice of lemon fresh
- 6 lb live lobsters or fresh cooked
- 0.3 cup olive oil extra-virgin

- 1 lb potatoes red
- 0.5 teaspoon salt
- 0.3 cup scallion 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

PROTEIN 33.76% FAT 33.11% CARBS 33.13%

## 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: 0g (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%)