



## Lobster Cornucopia

READY IN



45 min.

SERVINGS



12

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons butter cold cut into small pieces
- 0.3 teaspoon caribbean seasoning
- 12 servings garnish: cilantro sprigs fresh
- 0.5 small cucumber diced seeded
- 2 tablespoons cooking wine dry white
- 6 10-inch flour tortillas ()
- 3 green onions thinly sliced
- 2 tablespoons juice of lime
- 2 cups pd of lobster cooked chopped

- 2 tablespoons mayonnaise
- 12 servings pepper-mango sauce red
- 0.5 bell pepper diced red
- 0.5 small onion diced red
- 2 tablespoons cup heavy whipping cream sour
- 0.5 bell pepper diced yellow

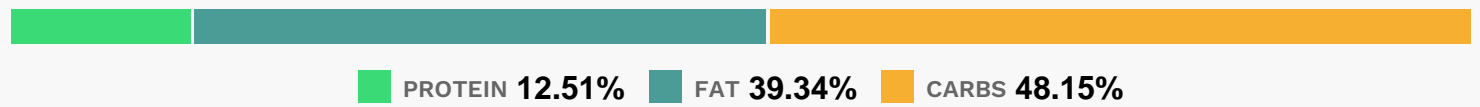
## Equipment

- frying pan
- oven
- aluminum foil

## Directions

- Cut tortillas in half; stack. Wrap in foil.
- Bake at 325 for 10 to 15 minutes or until thoroughly heated.
- Bring wine and lime juice to a boil in a large skillet over medium heat; boil 1 to 2 minutes or until reduced by half. Gradually stir in butter until smooth.
- Add lobster and next 8 ingredients, and cook over medium heat, stirring constantly, 1 to 2 minutes or until thoroughly heated. Spoon 1/4 cup lobster mixture onto 1 end of each tortilla; roll into a cone shape.
- Serve with Red Pepper-Mango Sauce; garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:19.75, Glycemic Load:5.7, Inflammation Score:-5, Nutrition Score:7.6021738582817%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg,

Eriodictyol: 0.05mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## **Nutrients (% of daily need)**

Calories: 160.86kcal (8.04%), Fat: 6.94g (10.68%), Saturated Fat: 1.92g (11.97%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 17.52g (6.37%), Sugar: 2.01g (2.24%), Cholesterol: 15.55mg (5.18%), Sodium: 344.29mg (14.97%), Alcohol: 0.26g (100%), Alcohol %: 0.4% (100%), Protein: 4.97g (9.94%), Vitamin C: 17.43mg (21.13%), Selenium: 14.72µg (21.03%), Vitamin K: 13.68µg (13.03%), Vitamin B1: 0.19mg (12.66%), Manganese: 0.21mg (10.53%), Folate: 41.85µg (10.46%), Phosphorus: 98.91mg (9.89%), Copper: 0.2mg (9.8%), Vitamin B3: 1.85mg (9.23%), Iron: 1.44mg (7.97%), Vitamin B2: 0.12mg (6.88%), Calcium: 68.68mg (6.87%), Fiber: 1.6g (6.41%), Vitamin A: 318.28IU (6.37%), Zinc: 0.63mg (4.18%), Magnesium: 15.58mg (3.9%), Vitamin B6: 0.07mg (3.48%), Potassium: 119.87mg (3.42%), Vitamin B5: 0.28mg (2.76%), Vitamin E: 0.37mg (2.47%), Vitamin B12: 0.14µg (2.35%)