



Lobster Gazpacho

 **Gluten Free**  **Dairy Free**



READY IN

ready

145 min.

SERVINGS

servings

6

CALORIES

calories

147 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ribs celery
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 small cucumber english divided
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons grapeseed oil
- ☐ 2 tablespoons herbs mixed (suggested: sorrel, parsley and basil)
- ☐ 1 small jalapeno seeded
- ☐ 1 juice of lemon juiced

- ☐ 2 juice of lime juiced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1.5 pounds pd of lobster cooked halved chopped
- ☐ 1 teaspoon mustard english
- ☐ 1 cup dice onion red
- ☐ 1 small pepper red seeded
- ☐ 1 teaspoon seafood seasoning
- ☐ 5 large tomatoes ripe seeded roughly chopped
- ☐ 2 cups vegetable juice (recommended: V8)
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In a food processor, add the onion, celery, half of the cucumber, red pepper, and jalapeno and pulse until chunky smooth.
- ☐ Add the tomatoes and pulse again to blend.
- ☐ Add the Worcestershire, vegetable juice, fruit juices, cilantro, and garlic, and puree until smooth.
- ☐ Remove from the processor to a bowl and season with salt and pepper. Cover and refrigerate for 2 hours letting all the flavors marry.
- ☐ In a bowl, toss the cooked lobster meat with the grapeseed oil, seafood seasoning, mustard, reserved celery leaves and the mixed herbs. Portion the gazpacho into serving bowls, top with remaining cucumbers and finish with the lobster meat.
- ☐ Garnish with the claw meat and serve.

Nutrition Facts



Properties

Glycemic Index:70.33, Glycemic Load:3.69, Inflammation Score:-9, Nutrition Score:18.784347720768%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.62mg, Hesperetin: 1.62mg, Hesperetin: 1.62mg, Hesperetin: 1.62mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 146.7kcal (7.33%), Fat: 5.54g (8.53%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 17.82g (5.94%), Net Carbohydrates: 13.73g (4.99%), Sugar: 10.3g (11.44%), Cholesterol: 40.32mg (13.44%), Sodium: 414mg (18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.93%), Vitamin C: 73.47mg (89.05%), Vitamin A: 2609.75IU (52.19%), Vitamin K: 36.93µg (35.17%), Selenium: 20.86µg (29.8%), Copper: 0.58mg (29.13%), Potassium: 846.13mg (24.18%), Vitamin E: 2.87mg (19.13%), Manganese: 0.38mg (18.95%), Fiber: 4.09g (16.38%), Vitamin B6: 0.3mg (15.06%), Folate: 54.01µg (13.5%), Phosphorus: 124.43mg (12.44%), Magnesium: 46mg (11.5%), Zinc: 1.64mg (10.96%), Calcium: 93.22mg (9.32%), Vitamin B5: 0.9mg (9.03%), Vitamin B3: 1.79mg (8.97%), Iron: 1.39mg (7.71%), Vitamin B1: 0.11mg (7.43%), Vitamin B12: 0.4µg (6.61%), Vitamin B2: 0.09mg (5.53%)