



Lobster Martinis with Citrus Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 8 servings bacon
- ☐ 1 large grapefruit peeled
- ☐ 1 jalapeno minced
- ☐ 8 servings romaine leaves
- ☐ 0.3 cup orange juice fresh
- ☐ 3 cranberry-orange relish peeled

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 bell pepper diced red
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 4 pd of lobster whole cleaned cooked

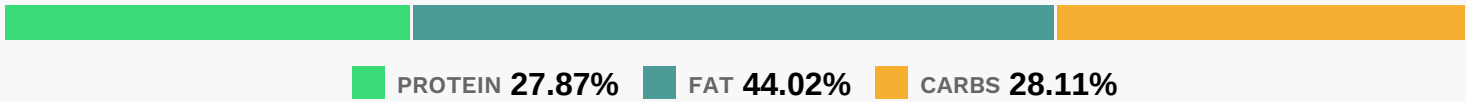
Equipment

- ☐ bowl

Directions

- ☐ Remove shell from lobsters, keeping claw meat intact. Thinly slice tail meat.
- ☐ Combine oranges and next 10 ingredients in a large bowl.
- ☐ Add lobster, tossing until well blended.
- ☐ Spoon mixture into lettuce-lined martini glasses or small bowls.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:39.31, Glycemic Load:3.92, Inflammation Score:-9, Nutrition Score:19.533912904885%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 14.77mg, Hesperetin: 14.77mg, Hesperetin: 14.77mg, Hesperetin: 14.77mg Naringenin: 21.29mg, Naringenin: 21.29mg, Naringenin: 21.29mg, Naringenin: 21.29mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 201.16kcal (10.06%), Fat: 9.95g (15.3%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 11.61g (4.22%), Sugar: 9.73g (10.81%), Cholesterol: 86.94mg (28.98%), Sodium: 465.39mg (20.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.17g (28.34%), Vitamin C: 70.56mg (85.53%), Selenium: 44.15µg (63.07%), Vitamin A: 2909.74IU (58.19%), Copper: 0.91mg (45.4%), Zinc: 2.62mg (17.46%), Phosphorus: 160.11mg (16.01%), Vitamin K: 15.39µg (14.65%), Vitamin B12: 0.86µg (14.4%), Vitamin B5: 1.31mg (13.12%), Potassium: 434.98mg (12.43%), Vitamin B6: 0.25mg (12.32%), Folate: 48.2µg (12.05%), Vitamin B3: 2.28mg (11.42%), Vitamin E: 1.67mg (11.11%), Magnesium: 42.91mg (10.73%), Fiber: 2.68g (10.72%), Vitamin B1: 0.16mg (10.63%), Manganese: 0.21mg (10.3%), Calcium: 97.43mg (9.74%), Vitamin B2: 0.1mg (6.02%), Iron: 0.68mg (3.79%)