



Lobster Panzanella

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 slices bread whole-wheat toasted cut into 5- x 3-inch pieces and
- 2 cups cherry tomatoes halved
- 0.3 cup basil fresh chopped for garnish
- 0.3 cup chives fresh chopped
- 3 tablespoons juice of lemon fresh
- 0.8 pound live maine lobsters cooked coarsely chopped
- 1 tablespoon olive oil extra virgin extra-virgin

- 0.3 teaspoon sea salt
- 0.3 cup shallots chopped

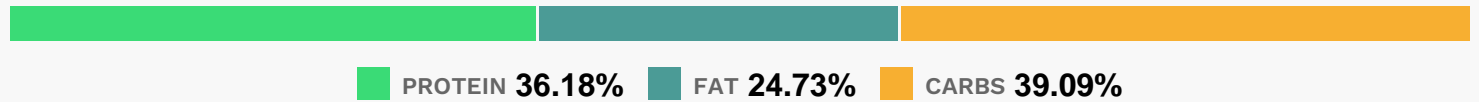
Equipment

- bowl
- whisk

Directions

- Whisk together first 4 ingredients (through black pepper) in a large serving bowl. Toss in the lobster and the next 4 ingredients (through basil). Stir to combine, and let stand 15 minutes.
- Arrange the toasts on serving plates, and top evenly with lobster salad.
- Let stand 5 minutes for juices to soak into the bread.
- Garnish with additional basil leaves.

Nutrition Facts



Properties

Glycemic Index:58.92, Glycemic Load:7.8, Inflammation Score:-6, Nutrition Score:19.452173937922%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 201.09kcal (10.05%), Fat: 5.56g (8.56%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 17.51g (6.37%), Sugar: 4.96g (5.51%), Cholesterol: 108.01mg (36%), Sodium: 647.85mg (28.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.3g (36.61%), Selenium: 62.75µg (89.64%), Copper: 1.27mg (63.55%), Vitamin C: 24.3mg (29.46%), Manganese: 0.55mg (27.35%), Zinc: 3.49mg (23.27%), Phosphorus: 206.17mg (20.62%), Vitamin B12: 1.06µg (17.72%), Vitamin B3: 3.39mg (16.93%), Vitamin K: 17.44µg (16.61%), Vitamin B5: 1.63mg (16.29%), Magnesium: 56.51mg (14.13%), Folate: 52.93µg (13.23%), Potassium: 446.51mg (12.76%),

Calcium: 126.42mg (12.64%), Vitamin B6: 0.24mg (12.04%), Vitamin E: 1.76mg (11.7%), Vitamin B1: 0.17mg (11.54%),
Iron: 2.04mg (11.35%), Vitamin A: 558.17IU (11.16%), Fiber: 2.27g (9.07%), Vitamin B2: 0.11mg (6.34%)