



WHATSheATE



Lobster-Pinto Bean Salad



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup canola oil
- ☐ 2 tablespoons canola oil
- ☐ 1 carrots diced finely
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2 teaspoons r honey

- ☐ 1 jalapeño diced finely
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 cups grilled lobster meat chopped
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 small onion diced spanish finely
- ☐ 0.8 pound pinto beans cooked drained well
- ☐ 2 tablespoons red wine vinegar
- ☐ 3 tablespoons water

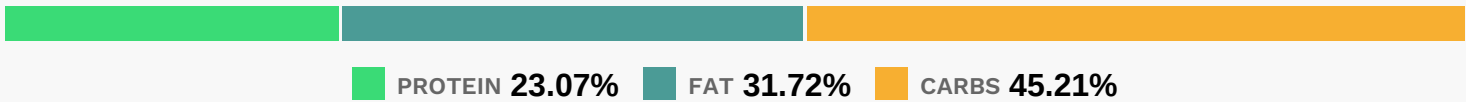
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine the molasses, water, vinegar, mustard, honey, and salt and pepper, to taste, in a medium bowl. Slowly whisk in the oil until emulsified.
- ☐ Heat the oil in a large saute pan over medium-high heat until it begins to shimmer.
- ☐ Add the onion and carrot and cook until soft, about 4 minutes.
- ☐ Add the garlic and jalapeno and cook for 30 seconds.
- ☐ Add the beans and lobster and cook until slightly heated through, about 2 minutes.
- ☐ Transfer to a serving bowl, add the dressing and parsley and toss to coat.
- ☐ Let sit at room temperature for 30 minutes before serving to allow flavors to meld.

Nutrition Facts



Properties

Glycemic Index:58.6, Glycemic Load:8.66, Inflammation Score:-9, Nutrition Score:20.967391594597%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 265.01kcal (13.25%), Fat: 9.47g (14.57%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 24.35g (8.86%), Sugar: 13.77g (15.3%), Cholesterol: 75.12mg (25.04%), Sodium: 708.56mg (30.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.5g (31%), Selenium: 45.58µg (65.12%), Copper: 1.02mg (50.81%), Vitamin K: 51.16µg (48.72%), Vitamin A: 1941.35IU (38.83%), Manganese: 0.6mg (30.23%), Folate: 112.47µg (28.12%), Fiber: 6.02g (24.07%), Magnesium: 92.06mg (23.01%), Phosphorus: 199.61mg (19.96%), Potassium: 656.68mg (18.76%), Zinc: 2.81mg (18.75%), Vitamin E: 2.71mg (18.06%), Vitamin B6: 0.34mg (17.12%), Iron: 2.37mg (13.14%), Vitamin B12: 0.74µg (12.32%), Calcium: 120.92mg (12.09%), Vitamin B5: 1.17mg (11.73%), Vitamin B1: 0.15mg (10.25%), Vitamin C: 8.38mg (10.15%), Vitamin B3: 1.47mg (7.34%), Vitamin B2: 0.06mg (3.67%)