



## Lobster & Potato Salad

 Gluten Free  Dairy Free

READY IN



125 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 6 servings pepper black freshly ground
- 3 tablespoons capers drained
- 0.5 cup celery diced ()
- 0.5 teaspoon dijon mustard
- 0.3 cup cooking wine dry white
- 1 extra large egg yolk at room temperature
- 3 tablespoons tarragon fresh coarsely chopped
- 0.5 teaspoon garlic minced

- 6 servings kosher salt
- 1 optional: lemon
- 1.5 pounds live maine lobsters cooked
- 0.5 cup olive oil good
- 0.5 cup onion diced red ()
- 1 cup scallions thinly sliced (6 to 8 scallions)
- 3 tablespoons citrus champagne vinegar
- 0.5 pounds yukon gold potatoes unpeeled ()

## Equipment

- bowl
- whisk
- pot
- plastic wrap
- kitchen towels
- skewers
- colander

## Directions

- Watch how to make this recipe.
- Place the potatoes in a large pot and cover with water by 1 inch.
- Add 1 tablespoon salt and bring to a boil. Lower the heat and simmer for 15 to 25 minutes, depending on the size of the potatoes, until just tender. (I use a small bamboo skewer to test them.)
- Drain in a colander, cover the colander with a clean kitchen towel, and allow the potatoes to steam for 5 to 10 minutes.
- Cut them in quarters or halves, depending on their size, and place them in a large bowl.
- Meanwhile, whisk together the vinegar, mustard, garlic, egg yolk, 2 teaspoons salt and 1 teaspoon pepper. While whisking, slowly pour in the olive oil, making an emulsion. Stir in the wine and capers. While the potatoes are still very warm, pour half the vinaigrette on the

potatoes and toss them gently, allowing them to soak up the vinaigrette. Stir in the scallions, celery, red onion and lobster and add enough vinaigrette to moisten. Reserve any remaining vinaigrette.

Add the zest and juice of the lemon, the tarragon, 2 teaspoons salt and 1 teaspoon pepper and toss carefully. Cover with plastic wrap and refrigerate for at least an hour to allow the flavors to blend. Taste for seasonings and add more vinaigrette, if necessary.

Serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:63.21, Glycemic Load:6.82, Inflammation Score:-7, Nutrition Score:23.023043616958%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 5.89mg, Kaempferol: 5.89mg, Kaempferol: 5.89mg, Kaempferol: 5.89mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg

## Nutrients (% of daily need)

Calories: 196.72kcal (9.84%), Fat: 5.7g (8.77%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 13.51g (4.5%), Net Carbohydrates: 10.94g (3.98%), Sugar: 1.95g (2.17%), Cholesterol: 176.42mg (58.81%), Sodium: 806.21mg (35.05%), Alcohol: 1.03g (100%), Alcohol %: 0.51% (100%), Protein: 21.63g (43.25%), Selenium: 74.58µg (106.54%), Copper: 1.64mg (82.19%), Vitamin K: 41.12µg (39.17%), Zinc: 4.46mg (29.75%), Vitamin C: 23.41mg (28.37%), Manganese: 0.5mg (24.86%), Vitamin B12: 1.48µg (24.6%), Phosphorus: 245.5mg (24.55%), Vitamin B5: 1.94mg (19.38%), Vitamin B6: 0.38mg (19.03%), Magnesium: 74.17mg (18.54%), Potassium: 621.75mg (17.76%), Calcium: 170.9mg (17.09%), Vitamin B3: 2.71mg (13.53%), Iron: 2.37mg (13.18%), Folate: 50.64µg (12.66%), Vitamin E: 1.77mg (11.79%), Fiber: 2.57g (10.26%), Vitamin A: 410.12IU (8.2%), Vitamin B2: 0.12mg (7.28%), Vitamin B1: 0.09mg (6.26%), Vitamin D: 0.16µg (1.08%)