



Lobster Salad

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

READY IN



45 min.

SERVINGS



7

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 tablespoons cider vinegar
- 1 cucumber english thinly sliced cut in half lengthwise and
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup jicama strips thin
- 0.3 cup juice of lime fresh
- 3 pound lobsters cooked
- 0.3 cup olive oil extra-virgin

- 3 oranges
- 1 bell pepper diced red
- 0.3 cup onion red thinly sliced
- 0.5 teaspoon salt

Equipment

- bowl

Directions

- Peel and section oranges over a large bowl, squeezing juice from membranes.
- Add bell pepper and next 9 ingredients, stirring gently.
- Remove lobster from shell, keeping claw meat intact. Thinly slice tail meat. (Lobsters should yield about 2 1/2 cups chopped meat.)
- Add lobster to vegetable mixture, stirring gently.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:2.67, Inflammation Score:-7, Nutrition Score:14.478695703589%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 16.07mg, Hesperetin: 16.07mg, Hesperetin: 16.07mg, Hesperetin: 16.07mg Naringenin: 8.63mg, Naringenin: 8.63mg, Naringenin: 8.63mg, Naringenin: 8.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 157.16kcal (7.86%), Fat: 8.32g (12.79%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 8.9g (3.24%), Sugar: 7.27g (8.07%), Cholesterol: 69.13mg (23.04%), Sodium: 399.43mg (17.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.32%), Vitamin C: 57.87mg (70.15%), Selenium: 35.17µg

(50.24%), Copper: 0.79mg (39.64%), Vitamin A: 751.5IU (15.03%), Zinc: 2.13mg (14.19%), Vitamin K: 14.61µg (13.92%), Vitamin E: 2.05mg (13.64%), Phosphorus: 115.75mg (11.58%), Vitamin B12: 0.68µg (11.34%), Vitamin B5: 1.13mg (11.29%), Fiber: 2.56g (10.23%), Potassium: 351.41mg (10.04%), Magnesium: 37.01mg (9.25%), Folate: 36.55µg (9.14%), Vitamin B6: 0.17mg (8.61%), Calcium: 81.51mg (8.15%), Manganese: 0.15mg (7.45%), Vitamin B3: 1.28mg (6.39%), Vitamin B1: 0.09mg (5.84%), Vitamin B2: 0.07mg (3.85%), Iron: 0.55mg (3.04%)