



Lobster Salad Canapes



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



36

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup celery finely chopped
- ☐ 36 servings garnish: cilantro fresh thinly sliced
- ☐ 2 cucumbers seedless thick cut into 36 (1/4-inch-thick) slices (usually plastic-wrapped; at least 1 3/8 in diameter)
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1.5 teaspoons jalapeño chile fresh minced (including seeds)
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1.5 pound live lobster
- ☐ 0.3 cup mangos diced peeled finely

- ☐ 2 tablespoons mayonnaise
- ☐ 2 tablespoons onion red finely chopped
- ☐ 0.3 teaspoon salt

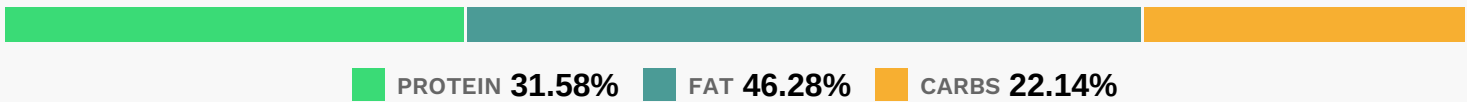
Equipment

- ☐ whisk
- ☐ pot
- ☐ tongs

Directions

- ☐ Plunge lobster headfirst into a 6- to 8-quart pot of boiling salted water. Cook lobster, partially covered, over moderately high heat 9 minutes from time it enters water, then transfer with tongs to sink to cool.
- ☐ While lobster is cooling, cut each cucumber slice with scalloped cutter (if using), discarding trimmings.
- ☐ Whisk together mayonnaise, lime juice (to taste), jalapeño, salt, and a pinch of pepper.
- ☐ When lobster is cool, remove meat from claws, joints, and tail, discarding tomalley, roe, and shells.
- ☐ Cut meat into 1/4-inch pieces.
- ☐ Add lobster, mango, celery, onion, and cilantro to dressing and toss well.
- ☐ Top each cucumber round with 1 rounded teaspoon lobster salad.
- ☐ ·Instead of using scalloped cutter, you can simply peel cucumber before slicing.·Lobster can be cooked and removed from shell 1 day ahead and chilled, covered.·Lobster salad can be made 6 hours ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:7.55, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.2617391468552%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 12.76kcal (0.64%), Fat: 0.66g (1.01%), Saturated Fat: 0.1g (0.66%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.54g (0.19%), Sugar: 0.49g (0.55%), Cholesterol: 7.05mg (2.35%), Sodium: 44.47mg (1.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Selenium: 3.42µg (4.88%), Copper: 0.09mg (4.3%), Vitamin K: 3.16µg (3.01%), Vitamin C: 1.52mg (1.84%), Zinc: 0.22mg (1.47%), Phosphorus: 12.88mg (1.29%), Vitamin B5: 0.13mg (1.25%), Potassium: 40.09mg (1.15%), Vitamin B12: 0.07µg (1.12%), Magnesium: 4.39mg (1.1%), Folate: 4.08µg (1.02%)