

Lobster Salad in Endive

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

READY IN

ready

15 min.

SERVINGS

servings

24

CALORIES

calories

45 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 heads belgian endive
- ☐ 1 pinch pepper black freshly ground
- ☐ 1 tablespoon capers drained
- ☐ 0.5 cup small-diced celery 1 stalk
- ☐ 1.5 tablespoons optional: dill fresh minced
- ☐ 1 pinch kosher salt
- ☐ 0.8 pound live maine lobsters fresh cooked
- ☐ 0.5 cup mayonnaise good

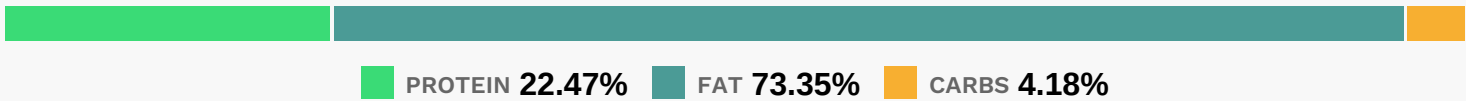
Equipment

☐ knife

Directions

☐ Combine the lobster, mayonnaise, celery, capers, dill, salt, and pepper. With a sharp knife, cut off the base of the endive and separate the leaves. Use a teaspoon to fill the end of each endive leaf with lobster salad. Arrange on a platter and serve.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.4965217448771%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 44.54kcal (2.23%), Fat: 3.61g (5.56%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 0.46g (0.15%), Net Carbohydrates: 0.14g (0.05%), Sugar: 0.06g (0.06%), Cholesterol: 19.96mg (6.65%), Sodium: 102.31mg (4.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Selenium: 9.15µg (13.08%), Copper: 0.2mg (9.93%), Vitamin K: 8.31µg (7.92%), Zinc: 0.53mg (3.5%), Vitamin B12: 0.18µg (3.05%), Phosphorus: 26.66mg (2.67%), Vitamin B5: 0.23mg (2.32%), Vitamin E: 0.28mg (1.9%), Magnesium: 6.68mg (1.67%), Potassium: 53.77mg (1.54%), Calcium: 15mg (1.5%), Folate: 5.79µg (1.45%), Fiber: 0.32g (1.28%), Vitamin B3: 0.25mg (1.25%), Vitamin B6: 0.02mg (1.03%), Manganese: 0.02mg (1.02%)