



Lobster Salad with Bloody Mary Granite



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 3 tablespoons chives chopped
- ☐ 1 teaspoon horseradish freshly grated prepared (or)
- ☐ 3 shakes hot sauce
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 0.5 pound live maine lobsters cooked chopped
- ☐ 4 tablespoons olive oil fruity

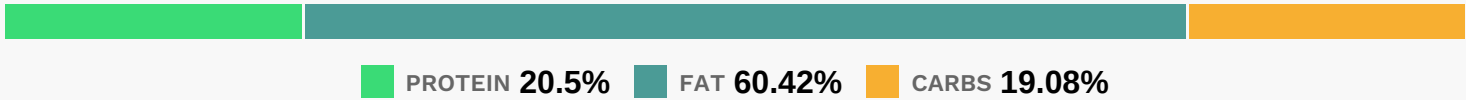
- ☐ 12 servings salt
- ☐ 12 servings salt and pepper white freshly ground
- ☐ 2 cups tomato-vegetable juice
- ☐ 6 tablespoons vodka lemon-flavored
- ☐ 1 teaspoon worcestershire sauce

Equipment

Directions

- ☐ Special equipment: Clear shot glasses
- ☐ Combine all ingredients and season with salt, to taste.
- ☐ Pour into a shallow container and place in the freezer. Run a fork through the granite every 30 to 45 minutes, while it is freezing, to obtain a nice, granular texture.
- ☐ Make the Lobster Salad: Fold all of the ingredients together and season with salt and pepper, to taste. Keep refrigerated until ready to assemble.
- ☐ To assemble the hors d' oeuvres, fill up the shot glasses 3/4 of the way with the lobster salad, top with the granite, and serve with cocktail forks.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:4.6769564320212%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 89.21kcal (4.46%), Fat: 4.87g (7.49%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 2.5g (0.91%), Sugar: 1.47g (1.64%), Cholesterol: 24mg (8%), Sodium: 358.73mg (15.6%), Alcohol: 2.51g (100%), Alcohol %: 4.09% (100%), Protein: 3.72g (7.44%), Selenium: 12.12µg (17.31%), Vitamin C: 14.06mg (17.05%), Copper: 0.28mg (13.96%), Vitamin A: 367.31IU (7.35%), Manganese: 0.12mg (6.1%), Vitamin E: 0.84mg (5.62%), Zinc: 0.7mg (4.68%), Vitamin K: 4.7µg (4.47%), Vitamin B12: 0.24µg (3.94%), Fiber: 0.96g (3.84%), Potassium: 128.91mg (3.68%), Phosphorus: 35.62mg (3.56%), Calcium: 30.53mg (3.05%), Iron: 0.55mg (3.03%), Vitamin B5: 0.28mg (2.82%), Magnesium: 9.9mg (2.48%), Vitamin B3: 0.32mg (1.6%), Vitamin B6: 0.03mg (1.25%)