



Lobster Salad with Fresh Mint and Lime



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1 cup mint leaves mixed fresh
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 pound lobsters cooked
- ☐ 10 cups greens mixed (such as arugula, baby spinach, and frisée)
- ☐ 1 serrano chile seeded
- ☐ 5.5 teaspoons sugar
- ☐ 0.8 cup coconut milk unsweetened canned

- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons citrus champagne vinegar

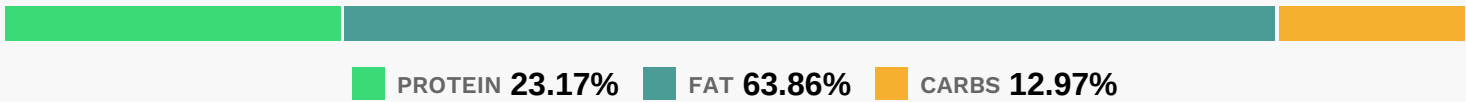
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Puree all ingredients in processor. Cover and refrigerate. DO AHEAD:Can be made 4 hours ahead. Keep chilled.
- ☐ Crack lobster tails and claws and remove meat.
- ☐ Cut tail meat into 1/2-inch-thick medallions; leave claw meat whole.
- ☐ Whisk oil and vinegar in small bowl. Season vinaigrette with salt and pepper. Toss greens with vinaigrette in large bowl. Divide salad among 4 plates.
- ☐ Toss lobster with 1/2 cup mint–lime mixture; divide among plates.
- ☐ Garnish with mint, cilantro, and basil leaves.
- ☐ Serve, passing remaining mint–lime mixture separately.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:4.19, Inflammation Score:-10, Nutrition Score:37.258695892666%

Flavonoids

Eriodictyol: 3.81mg, Eriodictyol: 3.81mg, Eriodictyol: 3.81mg, Eriodictyol: 3.81mg Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg Kaempferol: 4.78mg, Kaempferol: 4.78mg, Kaempferol: 4.78mg, Kaempferol: 4.78mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 414.33kcal (20.72%), Fat: 30.27g (46.57%), Saturated Fat: 12.57g (78.58%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 10.12g (3.68%), Sugar: 7.64g (8.49%), Cholesterol: 161.3mg (53.77%), Sodium: 608.75mg (26.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.43%), Vitamin K: 402.17µg (383.02%), Vitamin A: 7672.31IU (153.45%), Selenium: 84.39µg (120.55%), Copper: 1.98mg (98.96%), Manganese: 1.31mg (65.3%), Folate: 181.32µg (45.33%), Vitamin C: 31.7mg (38.43%), Zinc: 5.34mg (35.57%), Magnesium: 135.52mg (33.88%), Phosphorus: 298.72mg (29.87%), Vitamin E: 4.27mg (28.5%), Vitamin B12: 1.59µg (26.46%), Potassium: 890.6mg (25.45%), Calcium: 219.6mg (21.96%), Iron: 3.77mg (20.97%), Vitamin B5: 2.04mg (20.42%), Vitamin B6: 0.32mg (16.2%), Vitamin B3: 3.16mg (15.82%), Fiber: 3.71g (14.85%), Vitamin B2: 0.2mg (11.6%), Vitamin B1: 0.11mg (7.38%)