



Lobster Salad with Glass Noodles and Jícama

 Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



281 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 oz vermicelli very thin (also known as cellophane, glass, or mung bean noodles)
- ☐ 0.3 cup canola oil
- ☐ 1 teaspoon ground mustard dry
- ☐ 3 tablespoons basil fresh coarsely chopped
- ☐ 3 tablespoons cilantro leaves fresh coarsely chopped
- ☐ 2 tablespoons mint leaves fresh coarsely chopped
- ☐ 1.5 tablespoons brown sugar light packed
- ☐ 0.5 cup juice of lime fresh

- ☐ 6.3 lb pd of lobster cooked
- ☐ 1 teaspoon salt
- ☐ 6 servings sea salt

Equipment

- ☐ knife
- ☐ pot
- ☐ blender
- ☐ tongs
- ☐ colander

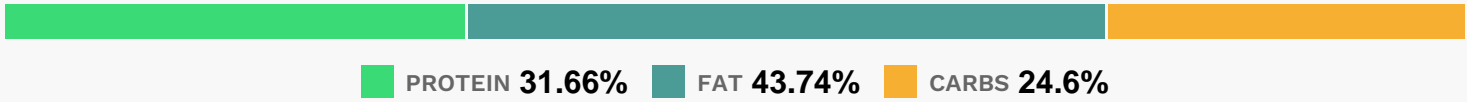
Directions

- ☐ Plunge 2 lobsters headfirst into a 10- to 12-quart pot of boiling salted water (see Tips, page 12
- ☐ and cook, covered, 6 minutes for 1 1/4-pound lobsters or 7 minutes for 1 1/2-pound lobsters, from time lobsters enter water.
- ☐ Transfer with tongs to sink to drain. Return water to a boil and cook remaining lobsters in 2 batches in same manner.
- ☐ When lobsters are cool enough to handle, remove meat from tail and claws. Discard tomalley, any roe, and shells, then scrape off any coagulated white albumin from meat with point of a small knife.
- ☐ Cut meat into 3/4-inch pieces and chill, covered, at least 1 hour.
- ☐ Blend lime juice, brown sugar, mustard, and salt in a blender until combined. With motor running, add oil in a slow, steady stream and blend until dressing is emulsified. Chill, covered, until ready to use.
- ☐ Soak noodles in cold water until pliable, about 15 minutes, then drain in a colander.
- ☐ Cut noodles in half with kitchen shears.
- ☐ Cook noodles in a 4-quart pot of boiling salted water, stirring occasionally, until just tender, about 2 minutes.
- ☐ Drain noodles well and rinse under cold water until cool, then drain well again.
- ☐ Stir together lobster, herbs, and 6 tablespoons dressing.

- ☐
- Toss together noodles, jicama, remaining dressing, and table salt to taste, then divide among6 plates and top each serving with a mound of lobster salad.
- ☐
- Sprinkle with sea salt and serve immediately.
- ☐
- Lobsters can be cooked and meat removed from shell 1 day ahead and chilled, covered.

Dressing can be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:18.146956288296%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 281.21kcal (14.06%), Fat: 13.6g (20.93%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 16.87g (6.14%), Sugar: 3.28g (3.64%), Cholesterol: 168.02mg (56.01%), Sodium: 1144.34mg (49.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.15g (44.3%), Selenium: 86.02µg (122.88%), Copper: 1.82mg (90.77%), Zinc: 4.79mg (31.96%), Vitamin B12: 1.65µg (27.56%), Vitamin E: 3.42mg (22.81%), Phosphorus: 225.11mg (22.51%), Vitamin B5: 1.97mg (19.71%), Magnesium: 55.86mg (13.96%), Vitamin K: 13.78µg (13.13%), Calcium: 127.19mg (12.72%), Vitamin B3: 2.22mg (11.1%), Potassium: 309.65mg (8.85%), Vitamin C: 6.84mg (8.29%), Vitamin B6: 0.16mg (7.94%), Manganese: 0.14mg (6.77%), Iron: 0.85mg (4.7%), Folate: 18.8µg (4.7%), Vitamin B1: 0.06mg (3.82%), Vitamin A: 152.52IU (3.05%), Vitamin B2: 0.03mg (1.64%), Fiber: 0.35g (1.39%)