



Lobster Salad with Green Beans, Apple, and Avocado

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 large avocado pitted ripe peeled halved cut into 1/4-inch cubes
- 3 tablespoons sea salt
- 0.3 cup chives fresh minced
- 1 apples i use 2 granny smith apples cored cut into 1/4-inch cubes (do not peel)
- 10 ounces haricots verts trimmed cut into 1/2-inch pieces (2 cups) (green beans)
- 2 cups live maine lobsters cooked cut into bite-sized pieces
- 1 tablespoon imported mustard french

- 0.3 teaspoon sea salt fine
- 1 cup greek yogurt greek-style

Equipment

- bowl
- whisk
- pot
- kitchen towels
- colander

Directions

- Prepare a large bowl of ice water.
- Fill the pasta pot with 3 quarts of water and bring it to a rolling boil over high heat.
- Add the coarse salt and the beans, and blanch until crisp-tender, 3 to 4 minutes. (Cooking time will vary according to the size and tenderness of the beans.) Immediately remove the colander from the water, letting the water drain from the beans. Plunge the beans into the ice water so they cool down as quickly as possible. (The beans will cool in 1 to 2 minutes. If you leave them longer, they will become soggy and begin to lose flavor.)
- Drain the beans and wrap them in a thick kitchen towel to dry. (Store the cooked beans in the refrigerator for up to 4 hours.)
- In a large, shallow bowl, combine the yogurt, mustard, and fine salt and whisk to blend. Taste for seasoning.
- Add the green beans, chives, apple, avocado, and lobster. Toss to coat. Arrange on the plates and serve.
- WINE SUGGESTION: A fine Chardonnay is in order here, such as a dependable Burgundy, like the well-priced and well-made Viré Clessé from the Cave de Viré, particularly their Cuvée Les Acacias, with its hints of fresh apples and honey.
- From Salad as a Meal: Healthy Main-Dish Salads for Every Season by Patricia Wells, (C) 2011 William Morrow

Nutrition Facts



PROTEIN 42.03% FAT 30.68% CARBS 27.29%

Properties

Glycemic Index:40.75, Glycemic Load:3.44, Inflammation Score:-7, Nutrition Score:26.400434452554%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 252.42kcal (12.62%), Fat: 8.89g (13.68%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 11.36g (4.13%), Sugar: 9.16g (10.18%), Cholesterol: 152.73mg (50.91%), Sodium: 6035.61mg (262.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.4g (54.81%), Selenium: 80.85µg (115.5%), Copper: 1.77mg (88.45%), Vitamin K: 47.35µg (45.1%), Zinc: 4.98mg (33.19%), Phosphorus: 317.97mg (31.8%), Vitamin B12: 1.83µg (30.48%), Vitamin B5: 2.77mg (27.73%), Fiber: 6.43g (25.74%), Potassium: 757.54mg (21.64%), Magnesium: 86.21mg (21.55%), Vitamin C: 17.22mg (20.87%), Folate: 83.41µg (20.85%), Vitamin B6: 0.41mg (20.31%), Calcium: 195.48mg (19.55%), Vitamin B2: 0.31mg (18.28%), Vitamin B3: 3.44mg (17.2%), Manganese: 0.33mg (16.72%), Vitamin E: 2.45mg (16.35%), Vitamin A: 702.52IU (14.05%), Vitamin B1: 0.14mg (9.08%), Iron: 1.49mg (8.27%)