



Lobster Salad with Lemon-Garlic Pita Wedges



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon ground coriander
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 10 servings lemon-garlic pita wedges
- ☐ 1.5 pound pd of lobster
- ☐ 2 tablespoons mayonnaise
- ☐ 2 tablespoons parsley italian chopped
- ☐ 1 tablespoon onion red minced

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons salt
- ☐ 2 tablespoons bell pepper yellow minced

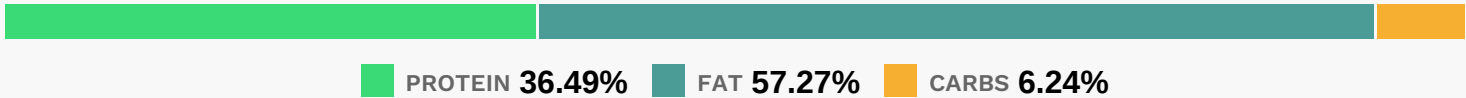
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil; add 2 tablespoons salt to water. Plunge lobster, headfirst, into boiling water. Cover pot; cook lobster 6 minutes.
- ☐ Drain and cool.
- ☐ Remove meat from claws and tail; coarsely chop. Chill lobster meat.
- ☐ Combine mayonnaise and next 4 ingredients in a medium bowl; mix well. Stir in onion, bell pepper, and parsley.
- ☐ Add chilled lobster; toss to coat.
- ☐ Serve Lobster Salad with Lemon–Garlic Pita Wedges.
- ☐ Shortcut Savvy: Shrimp makes an affordable and easy substitute for lobster. Ask the fish market to steam 3/4 pound peeled and deveined shrimp. Chill thoroughly, and coarsely chop. The light flavors of this salad also work well with fresh crab.

Nutrition Facts



Properties

Glycemic Index:13.45, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:3.7369565176575%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg

0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:
0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.24mg, Quercetin:
0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 35.9kcal (1.79%), Fat: 2.27g (3.5%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 0.56g (0.19%), Net
Carbohydrates: 0.4g (0.15%), Sugar: 0.14g (0.15%), Cholesterol: 25.37mg (8.46%), Sodium: 1552.4mg (67.5%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Selenium: 12.23µg (17.47%), Vitamin K: 17.69µg
(16.85%), Copper: 0.26mg (13.2%), Vitamin C: 5.83mg (7.07%), Zinc: 0.7mg (4.67%), Vitamin B12: 0.24µg (4.02%),
Phosphorus: 33.16mg (3.32%), Vitamin B5: 0.29mg (2.93%), Magnesium: 8.55mg (2.14%), Calcium: 19.99mg (2%),
Vitamin E: 0.27mg (1.79%), Vitamin B3: 0.34mg (1.68%), Potassium: 53.18mg (1.52%), Vitamin A: 74IU (1.48%),
Vitamin B6: 0.03mg (1.34%), Folate: 4.36µg (1.09%), Manganese: 0.02mg (1.08%)