



Lobster Salad with Papaya and Maui Onion

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 1 teaspoon canola oil
- ☐ 1 head red-leaf lettuce red
- ☐ 6 servings lobster tail pieces fresh
- ☐ 24 ounce lobster tail pieces steamed
- ☐ 2 large onion thinly sliced
- ☐ 0.3 cup orange juice fresh
- ☐ 1 papaya peeled sliced

- ☐ 2 teaspoons rice vinegar
- ☐ 30 pasta like spaghetti uncooked
- ☐ 6 servings sesame-ginger dressing
- ☐ 6 servings vegetable oil

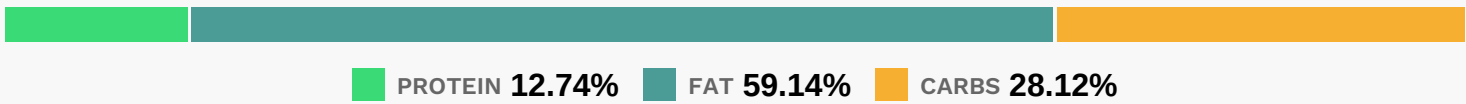
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cut shell of lobster tails lengthwise on the underside, using kitchen shears. Pry open tail segments; remove meat, reserving tails to use for garnish. Slice meat in 1/2-inch medallions. Cover and chill.
- ☐ Saut onion in hot canola oil in a large skillet over medium-high heat 10 to 15 minutes or until tender. Stir in brown sugar, rice vinegar, and orange juice. Cover and chill.
- ☐ Pour vegetable oil to a depth of 2 inches into a Dutch oven; heat to 37
- ☐ Deep-fry spaghetti, a few strands at a time, for 10 seconds or until golden.
- ☐ Drain on paper towels.
- ☐ Arrange lobster medallions, onion, papaya, lettuce, and fried spaghetti; drizzle with Sesame Miso Dressing.
- ☐ Garnish, if desired.
- ☐ *Maui onions are from the Hawaiian island of the same name. Any sweet and mild onion can be substituted.

Nutrition Facts



Properties

Glycemic Index:38.29, Glycemic Load:5.79, Inflammation Score:-10, Nutrition Score:18.89043470051%

Flavonoids

Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.1mg, Quercetin: 14.1mg, Quercetin: 14.1mg, Quercetin: 14.1mg

Nutrients (% of daily need)

Calories: 233.82kcal (11.69%), Fat: 15.76g (24.24%), Saturated Fat: 2.4g (14.99%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 14.49g (5.27%), Sugar: 8.06g (8.96%), Cholesterol: 41.59mg (13.86%), Sodium: 168.09mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin K: 100.41µg (95.63%), Vitamin A: 4363.05IU (87.26%), Vitamin C: 41.63mg (50.46%), Selenium: 25.36µg (36.23%), Copper: 0.52mg (25.9%), Folate: 54.07µg (13.52%), Manganese: 0.26mg (12.81%), Vitamin E: 1.85mg (12.3%), Potassium: 361.33mg (10.32%), Phosphorus: 98.39mg (9.84%), Zinc: 1.46mg (9.74%), Magnesium: 38.13mg (9.53%), Fiber: 2.37g (9.46%), Vitamin B6: 0.18mg (8.82%), Vitamin B5: 0.75mg (7.49%), Calcium: 69.17mg (6.92%), Vitamin B12: 0.41µg (6.82%), Vitamin B1: 0.09mg (5.86%), Iron: 1.03mg (5.75%), Vitamin B3: 1.05mg (5.26%), Vitamin B2: 0.08mg (4.56%)