



Lobster Salad with Red Devil Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon cider vinegar
- 0.3 cup olive oil extra virgin
- 1 tablespoon fennel seed
- 1 medium head garlic
- 4 servings ground pepper black to taste
- 0.5 juice of lemon juiced
- 1 tablespoon catsup
- 1.5 pounds lobster tail pieces shredded chilled cooked peeled

- 4 cups salad greens mixed
- 0.5 large onion
- 1 large portobello mushroom chopped
- 2 large bell peppers red
- 4 servings salt to taste

Equipment

- baking sheet
- oven
- blender
- aluminum foil

Directions

- Preheat oven to broil. Position rack in the center of the oven. Lightly oil a baking sheet.
- Cut off top of garlic, place on a square of aluminum foil.
- Drizzle with 1 teaspoon olive oil, and sprinkle with a pinch of salt on top. Wrap in foil, and place on baking sheet. Prepare onion in the same manner.
- Place baking sheet in the center of the oven, and bake garlic and onion for 15 minutes.
- Place red bell peppers on sheet; broil for 15 minutes, turning to blacken all sides.
- Remove peppers only, and place in a brown paper bag.
- Place mushroom on baking sheet, and broil for 15 minutes.
- Remove mushroom, onion, and garlic from oven. Set vegetables aside until cool enough to handle.
- Peel and remove seeds from peppers; place in blender, discarding seeds and peel. Squeeze garlic and onion from skins; add to blender, discarding skins. Coarsely chop mushroom; add to blender along with remaining olive oil, lemon juice, fennel, ketchup, and vinegar. Blend until smooth. Season to taste with salt and ground black pepper.
- Place shredded lobster meat in the center of a large bed of salad greens.
- Pour dressing around lobster meat.

Nutrition Facts

PROTEIN 15.88% FAT 64.18% CARBS 19.94%

Properties

Glycemic Index:40.25, Glycemic Load:2.1, Inflammation Score:-10, Nutrition Score:21.663478287666%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 256.89kcal (12.84%), Fat: 19g (29.23%), Saturated Fat: 2.66g (16.62%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 10.18g (3.7%), Sugar: 5.74g (6.38%), Cholesterol: 60.49mg (20.16%), Sodium: 448.7mg (19.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.15%), Vitamin C: 119.73mg (145.13%), Vitamin A: 3046.76IU (60.94%), Selenium: 35.57µg (50.81%), Copper: 0.79mg (39.32%), Vitamin E: 4.38mg (29.18%), Vitamin B6: 0.48mg (23.78%), Manganese: 0.46mg (22.89%), Folate: 68.04µg (17.01%), Phosphorus: 161.47mg (16.15%), Zinc: 2.26mg (15.08%), Vitamin B3: 2.94mg (14.72%), Potassium: 513.06mg (14.66%), Vitamin K: 15.32µg (14.59%), Vitamin B5: 1.31mg (13.1%), Fiber: 3.11g (12.42%), Magnesium: 42.81mg (10.7%), Vitamin B12: 0.61µg (10.1%), Calcium: 88.29mg (8.83%), Vitamin B2: 0.15mg (8.75%), Iron: 1.37mg (7.59%), Vitamin B1: 0.11mg (7.22%)