

What She Ate

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health-score 57%

HEALTH SCORE

Lobster Salad with Saffron Potatoes and Crispy Leeks

☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

1

CALORIES

calories

695 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 chives chopped
- ☐ 2 leeks julienned cleaned
- ☐ 1 pinch lobster roe
- ☐ 1 pound pd of lobster
- ☐ 0.5 cup olive oil
- ☐ 1 pinch saffron threads
- ☐ 1 serving salt and pepper

- ☐ 1 shallots
- ☐ 0.5 cup sherry vinegar
- ☐ 1 tablespoon truffle oil
- ☐ 1 medium gold potato yellow
- ☐ 1 truffles black thinly sliced
- ☐ 1 truffles black thinly sliced

Equipment

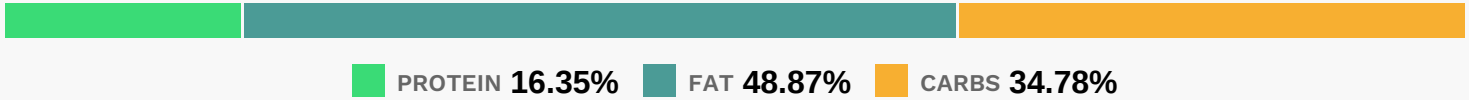
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Cook lobster in boiling water for 3 1/2 minutes.
- ☐ Remove from water and set aside to cool.
- ☐ To make vinaigrette, in a deep bowl mix together sherry vinegar, olive oil, truffle oil, and salt and pepper, to taste.
- ☐ Heat 1/4-inch of oil in a deep saute pan to 350 degrees F.
- ☐ To prepare the leeks, boil in water for 1 minute. Dry the leeks completely then fry them in the oil until crispy.
- ☐ Remove from pan immediately, drain on a paper towel lined plate and set aside.
- ☐ To prepare the potato, peel in a cylindrical shape. Bring a saucepan of salted water to a boil.
- ☐ Add a pinch of saffron.
- ☐ Add the potato and cook until fork tender, about 20 minutes.
- ☐ Drain and set aside.
- ☐ Slice the potato into 5 (1/2-inch thick) medallions.
- ☐ Place in a bowl with shallots, 1/2 of the chives and 2 to 3 tablespoons of the vinaigrette.
- ☐ Add the truffle. Toss potatoes with the vinaigrette a few times to marinate.

- ☐
- Place potatoes in the center of a plate.
- ☐
- Shell the lobster and cut the meat into 1/2-inch medallions.
- ☐
- Place the lobster in a bowl and toss with 3 to 4 tablespoons of vinaigrette.
- ☐
- Heat lobster by placing the bowl in hot water for approximately 1 minute.
- ☐
- Place lobster on top of potatoes.
- ☐
- Place leeks on top of lobster. Finish the plate with a pinch of lobster roe and the rest of the chopped chives.

Nutrition Facts



Properties

Glycemic Index:260.75, Glycemic Load:29.89, Inflammation Score:-10, Nutrition Score:43.794782514158%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 6.72mg, Kaempferol: 6.72mg, Kaempferol: 6.72mg, Kaempferol: 6.72mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 695.11kcal (34.76%), Fat: 37.31g (57.4%), Saturated Fat: 5.27g (32.95%), Carbohydrates: 59.75g (19.92%), Net Carbohydrates: 51.88g (18.86%), Sugar: 10.33g (11.48%), Cholesterol: 162.57mg (54.19%), Sodium: 794.55mg (34.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.09g (56.19%), Selenium: 84.05µg (120.07%), Vitamin K: 119.17µg (113.5%), Copper: 2.17mg (108.31%), Vitamin C: 60.39mg (73.2%), Manganese: 1.35mg (67.46%), Vitamin A: 3194.7IU (63.89%), Vitamin B6: 1.14mg (57.15%), Vitamin E: 7.92mg (52.77%), Folate: 167.72µg (41.93%), Potassium: 1438.27mg (41.09%), Phosphorus: 392.88mg (39.29%), Magnesium: 149.85mg (37.46%), Iron: 6.52mg (36.23%), Zinc: 5.39mg (35.93%), Fiber: 7.87g (31.48%), Vitamin B5: 2.7mg (26.96%), Vitamin B12: 1.6µg (26.67%), Calcium: 254.5mg (25.45%), Vitamin B3: 4.62mg (23.12%), Vitamin B1: 0.29mg (19.16%), Vitamin B2: 0.14mg (8.04%)