



Lobster Salad with Summer Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



249 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



6 servings basil fresh



0.5 cup basil fresh packed thinly sliced ()



1 cup ears corn fresh (cut from 2 large ears of corn)



0.3 cup juice of lemon fresh



3.8 pound pd of lobster



5 tablespoons olive oil



2 cups plum tomatoes diced halved seeded



1 large onion red thinly sliced

☐ 0.8 pound potatoes – remove skin unpeeled cut into 1/2-inch cubes

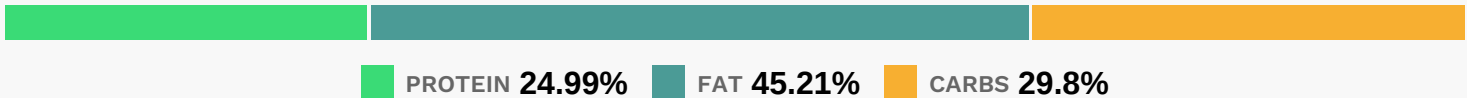
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ pot
- ☐ tongs

Directions

- ☐ Bring large pot of salted water to boil. Drop 1 lobster headfirst into water. Boil until just cooked through, about 10 minutes. Using tongs, transfer lobster to baking sheet. Repeat with remaining lobsters. Cool lobsters. Twist claws and tails off lobsters. Crack claws and claw joints; remove meat.
- ☐ Remove lobster meat from tails.
- ☐ Cut lobster meat into 1/2-inch cubes. (Can be made 1 day ahead; cover and chill.)
- ☐ Steam potatoes until just tender, about 10 minutes.
- ☐ Transfer to large bowl and cool.
- ☐ Heat 4 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add onion; sauté until golden and crisp, about 12 minutes. Cool onion.
- ☐ Place tomatoes, corn, sliced basil, and remaining 1 tablespoon oil in medium bowl; toss to coat. Season with salt and pepper.
- ☐ Add lobster and onion to potatoes; mix in lemon juice. Season with salt and pepper. Mound lobster and potato salad in center of platter. Spoon tomato and corn salad around.
- ☐ Garnish with additional basil leaves.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:1.21, Inflammation Score:-7, Nutrition Score:19.167391393496%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 249.41kcal (12.47%), Fat: 12.89g (19.84%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 16.32g (5.94%), Sugar: 5.36g (5.96%), Cholesterol: 100.81mg (33.6%), Sodium: 354.77mg (15.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.03g (32.06%), Selenium: 51.03µg (72.9%), Copper: 1.23mg (61.53%), Vitamin K: 31.64µg (30.14%), Vitamin C: 23.33mg (28.28%), Zinc: 3.3mg (22.02%), Phosphorus: 211.19mg (21.12%), Potassium: 718.05mg (20.52%), Vitamin E: 2.87mg (19.13%), Vitamin A: 921.24IU (18.42%), Vitamin B12: 0.99µg (16.54%), Magnesium: 65.26mg (16.31%), Manganese: 0.32mg (16.22%), Vitamin B5: 1.6mg (15.96%), Vitamin B6: 0.3mg (14.87%), Vitamin B3: 2.88mg (14.39%), Folate: 48.36µg (12.09%), Fiber: 2.8g (11.2%), Vitamin B1: 0.14mg (9.38%), Calcium: 92.74mg (9.27%), Iron: 1.2mg (6.65%), Vitamin B2: 0.07mg (3.91%)