



Lobster Salad with Tarragon Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bibb lettuce
- ☐ 1.5 teaspoons parsley fresh chopped
- ☐ 1.5 teaspoons tarragon fresh chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 pound live lobsters
- ☐ 0.5 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons salt
- ☐ 2 shallots minced
- ☐ 4 servings garnish: tarragon sprigs fresh
- ☐ 4 quarts water
- ☐ 2 tablespoons citrus champagne vinegar

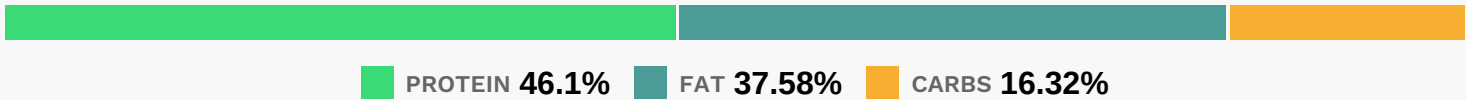
Equipment

- ☐ dutch oven

Directions

- ☐ Bring 4 quarts water and salt to a boil in a large Dutch oven. Plunge lobsters, head first, into boiling water; return to a boil. Cover, reduce heat, and simmer 10 minutes; drain and cool.
- ☐ Break off large claws and legs. Crack claw and leg shells using a seafood or nut cracker; remove meat and set aside.
- ☐ Break off tails.
- ☐ Remove stomachs and intestinal veins.
- ☐ Cut shell of tail segments lengthwise on the underside. Pry open the tail segments; remove meat, and cut into 1/2-inch slices. Chill lobster meat.
- ☐ Combine minced shallots and next 7 ingredients in a jar; cover jar tightly, and shake vigorously.
- ☐ Arrange lettuce on individual salad plates; top with lobster, and drizzle with shallot mixture.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:26.322608698969%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 154.21kcal (7.71%), Fat: 6.53g (10.05%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 4.54g (1.65%), Sugar: 2.33g (2.59%), Cholesterol: 120.97mg (40.32%), Sodium: 4092.93mg (177.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.03g (36.07%), Vitamin K: 120.18µg (114.45%), Selenium: 61.52µg (87.88%), Vitamin A: 3838.07IU (76.76%), Copper: 1.48mg (74.22%), Folate: 103.68µg (25.92%), Zinc: 3.82mg (25.48%), Manganese: 0.46mg (23.12%), Phosphorus: 205.48mg (20.55%), Vitamin B12: 1.19µg (19.84%), Calcium: 176.69mg (17.67%), Magnesium: 70.4mg (17.6%), Potassium: 572.18mg (16.35%), Vitamin B5: 1.6mg (16.03%), Vitamin B6: 0.28mg (14.15%), Iron: 2.49mg (13.82%), Vitamin C: 10.51mg (12.74%), Vitamin E: 1.83mg (12.23%), Vitamin B3: 2.11mg (10.57%), Fiber: 1.84g (7.37%), Vitamin B2: 0.11mg (6.56%), Vitamin B1: 0.1mg (6.56%)