



Lobster Seviche with Grilled Fennel

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings pepper black freshly ground
- 1 cucumber english thinly sliced cut in half lengthwise and
- 4 cups fennel bulb sliced (2 bulbs)
- 0.5 cup mint leaves fresh chopped
- 0.3 cup green onions thinly sliced
- 0.3 cup juice of lemon fresh
- 0.3 cup juice of lime fresh
- 8 servings garnishes: lime wedges fresh

- 4 pound live lobsters
- 0.5 cup olive oil extra-virgin divided
- 0.3 cup onion red thinly sliced
- 8 servings sea salt
- 8 servings sugar

Equipment

- bowl
- grill

Directions

- Plunge lobsters headfirst into boiling water, and boil 5 minutes. (Lobster will not be fully cooked.)
- Remove shell, and chop tail and claw meat into 1/2-inch pieces.
- Combine lobster, lime juice, and lemon juice in a plastic or glass bowl. Cover and refrigerate 1 1/2 hours.
- Brush fennel slices with 1/3 cup olive oil, and sprinkle with salt and pepper. Grill over medium-high heat 2 to 3 minutes on each side.
- Combine remaining olive oil, lobster, fennel, red onion, and next 3 ingredients. Season to taste with salt and pepper. If mixture is too tart, add a pinch of sugar. Cover and refrigerate 30 minutes.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:29.76, Glycemic Load:9.44, Inflammation Score:-5, Nutrition Score:13.822173958239%

Flavonoids

Eriodictyol: 2.06mg, Eriodictyol: 2.06mg, Eriodictyol: 2.06mg, Eriodictyol: 2.06mg Hesperetin: 3.09mg, Hesperetin: 3.09mg, Hesperetin: 3.09mg, Hesperetin: 3.09mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 149.35kcal (7.47%), Fat: 3.42g (5.26%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 19.56g (6.52%), Net Carbohydrates: 17.45g (6.34%), Sugar: 15.14g (16.82%), Cholesterol: 80.65mg (26.88%), Sodium: 488.1mg (21.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.25%), Selenium: 40.96µg (58.52%), Copper: 0.92mg (46.17%), Vitamin K: 43.98µg (41.88%), Vitamin C: 15.69mg (19.02%), Zinc: 2.48mg (16.53%), Phosphorus: 141.08mg (14.11%), Vitamin B12: 0.79µg (13.23%), Potassium: 424.38mg (12.13%), Vitamin B5: 1.17mg (11.68%), Manganese: 0.21mg (10.67%), Magnesium: 41.8mg (10.45%), Calcium: 95.09mg (9.51%), Vitamin E: 1.27mg (8.46%), Fiber: 2.11g (8.43%), Folate: 31µg (7.75%), Vitamin B3: 1.43mg (7.15%), Vitamin B6: 0.12mg (6.24%), Vitamin A: 268.05IU (5.36%), Iron: 0.86mg (4.79%), Vitamin B2: 0.05mg (3.15%), Vitamin B1: 0.04mg (2.68%)