



Lobster Taco

READY IN



90 min.

SERVINGS



8

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup buttermilk whole
- ☐ 8 fried flour tortillas
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper white
- ☐ 0.3 cup jicama shredded
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 cups lettuce shredded

- ☐ 2 pounds poached lobster tails
- ☐ 0.3 cup onion red thinly sliced (julienne)
- ☐ 0.5 cup tomatillo salsa verde
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 1 teaspoon sriracha
- ☐ 1 cup medium-dice tomatoes
- ☐ 2 tablespoons balsamic vinegar white

Equipment

- ☐ bowl

Directions

- ☐ For the jicama slaw: Blend the jicama, onions, lemon juice, vinegar, salt and pepper, mixing well. After mixing, adjust the seasoning to taste and allow to marinate for a minimum of 1 hour and up to 12 hours in the refrigerator.
- ☐ For the lobster sauce: In a bowl, stir together the buttermilk, cilantro, sour cream, lemon juice, cumin, salt and sriracha. Then add the lobster and mix again. Refrigerate up to 1 hour.
- ☐ To build the dish, fill a taco shell with 2 to 3 tablespoons jicama slaw, and then top with 2 tablespoons lobster sauce, some lettuce and tomatoes. Finish with a dollop of salsa verde. Repeat the process and serve.
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Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:5.53, Inflammation Score:-5, Nutrition Score:9.5495651545732%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 148.41kcal (7.42%), Fat: 3.82g (5.88%), Saturated Fat: 1.4g (8.73%), Carbohydrates: 19.44g (6.48%), Net Carbohydrates: 17.64g (6.41%), Sugar: 4.26g (4.73%), Cholesterol: 42.92mg (14.31%), Sodium: 773.46mg (33.63%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 8.49g (16.98%), Selenium: 27.36µg (39.09%), Copper: 0.49mg (24.3%), Phosphorus: 133.71mg (13.37%), Vitamin B1: 0.18mg (12.01%), Manganese: 0.23mg (11.73%), Folate: 41.33µg (10.33%), Vitamin B3: 2mg (10.01%), Zinc: 1.41mg (9.38%), Calcium: 92.42mg (9.24%), Vitamin C: 7.31mg (8.86%), Iron: 1.54mg (8.56%), Vitamin B12: 0.44µg (7.29%), Fiber: 1.8g (7.2%), Vitamin A: 355.56IU (7.11%), Vitamin B2: 0.12mg (6.99%), Vitamin K: 7.32µg (6.97%), Potassium: 236.26mg (6.75%), Magnesium: 25.6mg (6.4%), Vitamin B5: 0.6mg (5.97%), Vitamin B6: 0.09mg (4.38%), Vitamin E: 0.46mg (3.05%)