



Lobster Tacos with Avocado Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe chopped
- ☐ 0.5 teaspoon ground chili powder
- ☐ 4 8-inch flour tortillas
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 teaspoons jalapeno minced

- ☐ 4 servings lettuce shredded sour red thinly sliced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 cups live maine lobsters cooked coarsely chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.8 teaspoon salt divided
- ☐ 1 large tomatoes chopped

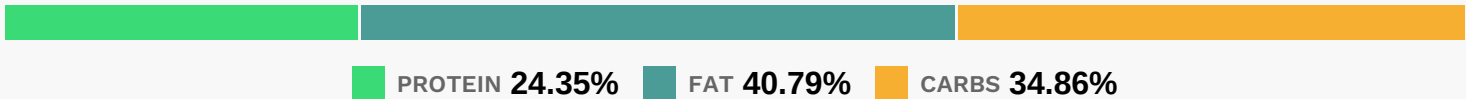
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients and 1/2 teaspoon salt in a medium bowl; cover and chill salsa until ready to serve.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add sliced red onion and garlic; cook 2 minutes or until beginning to soften.
- ☐ Add cumin, chili powder, and red pepper, and cook 1 minute.
- ☐ Add lobster meat and remaining 1/4 teaspoon salt; cook 1 minute or until thoroughly heated.
- ☐ Heat tortillas according to package directions. Top each tortilla with 1/2 cup lobster mixture and 1/2 cup avocado salsa.
- ☐ Serve with lettuce, red onion, and sour cream.
- ☐ Wine note: This year, Norren Graziano helps celebrate The Trellis' 25th anniversary with chef Marcel Desaulniers and his partner, John Curtis. For this recipe, Noreen recommends 2001 Trimbach Gewrztraminer (\$14).

Nutrition Facts



Properties

Glycemic Index:82.25, Glycemic Load:10.09, Inflammation Score:-8, Nutrition Score:30.365652167279%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 427.68kcal (21.38%), Fat: 19.71g (30.33%), Saturated Fat: 3.8g (23.73%), Carbohydrates: 37.91g (12.64%), Net Carbohydrates: 30.4g (11.05%), Sugar: 6.63g (7.37%), Cholesterol: 150.23mg (50.08%), Sodium: 1332.82mg (57.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Selenium: 87.34µg (124.78%), Copper: 1.82mg (90.86%), Vitamin K: 44.94µg (42.8%), Phosphorus: 364.65mg (36.46%), Folate: 140.02µg (35%), Zinc: 5.08mg (33.86%), Manganese: 0.63mg (31.74%), Fiber: 7.51g (30.04%), Vitamin B3: 5.51mg (27.57%), Vitamin B5: 2.68mg (26.77%), Vitamin B1: 0.39mg (25.88%), Vitamin B12: 1.48µg (24.64%), Vitamin E: 3.69mg (24.62%), Potassium: 848.03mg (24.23%), Vitamin C: 19.91mg (24.13%), Magnesium: 87.38mg (21.85%), Calcium: 214.51mg (21.45%), Vitamin B6: 0.43mg (21.4%), Vitamin A: 1043.52IU (20.87%), Iron: 3.28mg (18.22%), Vitamin B2: 0.27mg (16.02%)