



## Pasta Salad with Lobster and Corn-Citrus Vinaigrette

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups farfalle pasta cooked uncooked ( 3 cups bow tie pasta)
- ☐ 2 cups corn kernels fresh ( 4 ears)
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.5 cup green onions chopped
- ☐ 3 cups live maine lobsters cooked coarsely chopped
- ☐ 3 tablespoons olive oil

- ☐ 0.5 cup orange juice fresh
- ☐ 2 teaspoons orange rind grated
- ☐ 0.5 cup bottled roasted bell peppers red chopped
- ☐ 0.8 teaspoon salt

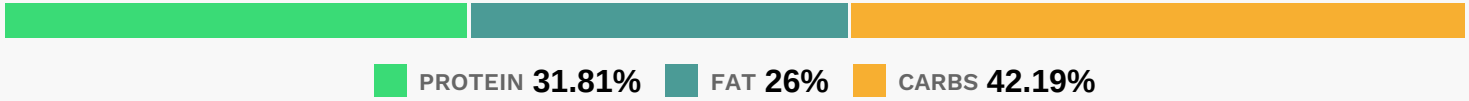
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Combine the first 6 ingredients in a large bowl.
- ☐ Combine the orange rind and the remaining ingredients in a small bowl, stirring well with a whisk.
- ☐ Pour the juice mixture over the lobster mixture, and toss well. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:20.56, Glycemic Load:8.18, Inflammation Score:-5, Nutrition Score:17.649999970975%

## Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 239.34kcal (11.97%), Fat: 6.97g (10.72%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 25.43g (8.48%), Net Carbohydrates: 23.32g (8.48%), Sugar: 4.01g (4.45%), Cholesterol: 112.68mg (37.56%), Sodium: 720.72mg (31.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.18g (38.37%), Selenium: 70.33µg (100.47%), Copper: 1.3mg (64.84%), Zinc: 3.63mg (24.17%), Phosphorus: 212.79mg (21.28%), Vitamin C: 16.54mg (20.04%), Vitamin B12: 1.11µg

(18.48%), Vitamin B5: 1.65mg (16.48%), Manganese: 0.32mg (16.2%), Vitamin K: 16.32µg (15.55%), Magnesium: 61.54mg (15.38%), Vitamin B3: 2.43mg (12.14%), Vitamin E: 1.63mg (10.84%), Potassium: 368.1mg (10.52%), Folate: 39.34µg (9.83%), Calcium: 92.95mg (9.3%), Vitamin B6: 0.18mg (8.97%), Fiber: 2.12g (8.48%), Iron: 1.38mg (7.65%), Vitamin B1: 0.11mg (7.03%), Vitamin A: 265.69IU (5.31%), Vitamin B2: 0.06mg (3.46%)