






 **11%**
HEALTH SCORE

Poached Lobster with Vegetable Macedonia

 **Gluten Free**

READY IN

45 min.

SERVINGS

4

CALORIES

157 kcal

ANTIPASTI **STARTER** **SNACK** **APPETIZER**

Ingredients

- 4 servings pepper black freshly ground
- 10 peppercorns black
- 2 carrots with tops
- 1 handful peas fresh
- 4 servings optional: lemon
- 0.5 pound pd of lobster
- 2 handfuls turtle beans french
- 4 servings salt

- 2 spring onion
- 3 turnip with tops
- 1.8 cups wine
- 0.5 cup greek yogurt greek-style

Equipment

- bowl
- sauce pan
- pot

Directions

- Peel and wash 2 carrots with tops and 3 turnips with tops. Wash and de-string 2 handfuls of French beans.
- Cut these vegetables into very small dice (brunoise).
- Shell a handful of fresh peas.
- Heat salted water in a saucepan and prepare a bowl of water and ice cubes.
- Immerse all the vegetables in the boiling water for 4 minutes, then drain and plunge them in the ice water.
- Drain once more, put in a large bowl, and set aside.
- Pour 3 quarts of water and 1 3/4 cups of white wine into a large cooking pot.
- Add 10 black peppercorns and bring to a boil. Plunge a 1 1/2-pound lobster into the liquid, put on the lid, and cook for 5 minutes once it returns to a boil.
- Take the lobster out and, as soon as it's not burning hot, shell the tail, elbows, and claws.
- Remove the black intestinal vein. Take the sand sac from the head and collect the coral.
- Cut the shell of the head and tail in half lengthwise. Rinse and dry them.
- Cut up the meat and add it to the bowl of vegetables.
- Trim, wash, and finely chop 2 scallions and put them in a bowl.
- Add the lobster coral, 1/2 cup Greek-style yogurt, the juice of an unwaxed lemon, a little of its grated zest, and a pinch of Piment d'Espelette or hot paprika. Taste and correct the seasoning with salt and freshly ground black pepper.

- Pour this sauce into the bowl of vegetables and lobster. Stir gently, then distribute this mixture into the shells of the half tails and half heads.
- Arrange on a dish and keep cold until serving.
- Reprinted with permission from Nature: Simple, Healthy, and Good by Alain Ducasse, © 2009 Rizzoli International Publications, Inc.

Nutrition Facts

PROTEIN 30.95%

FAT 4.44%

CARBS 64.61%

Properties

Glycemic Index:81.17, Glycemic Load:4.74, Inflammation Score:-10, Nutrition Score:14.01739131886%

Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 156.91kcal (7.85%), Fat: 0.42g (0.65%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 10.87g (3.95%), Sugar: 7.08g (7.87%), Cholesterol: 21.41mg (7.14%), Sodium: 358.76mg (15.6%), Alcohol: 10.81g (100%), Protein: 6.63g (13.25%), Vitamin A: 5162.15IU (103.24%), Vitamin C: 26.06mg (31.58%), Selenium: 13.43µg (19.19%), Manganese: 0.36mg (17.9%), Vitamin K: 17.59µg (16.75%), Copper: 0.33mg (16.36%), Potassium: 446.48mg (12.76%), Fiber: 2.96g (11.85%), Phosphorus: 118.19mg (11.82%), Vitamin B6: 0.22mg (11.01%), Calcium: 96.15mg (9.61%), Magnesium: 35.59mg (8.9%), Vitamin B2: 0.14mg (8.27%), Zinc: 1.18mg (7.84%), Folate: 29.24µg (7.31%), Vitamin B5: 0.65mg (6.49%), Vitamin B12: 0.37µg (6.22%), Vitamin B3: 1.13mg (5.66%), Vitamin B1: 0.08mg (5.19%), Iron: 0.88mg (4.91%), Vitamin E: 0.42mg (2.78%)