



Shrimp, Lobster, and Jicama Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons ancho chili pepper store-bought
- ☐ 1 cup cilantro leaves fresh with tender stems plus more for garnish
- ☐ 2 cups watercress such as purslane or watercress sprigs, with tender stems
- ☐ 8 servings kosher salt
- ☐ 5 tablespoons juice of lime fresh divided ()
- ☐ 4 lobster tail pieces halved lengthwise (2 pounds total)
- ☐ 4 tablespoons olive oil divided
- ☐ 1 pound shrimp peeled

- ☐ 0.3 cup onion red thinly sliced
- ☐ 2 cups tomatoes green thinly sliced (8 medium)

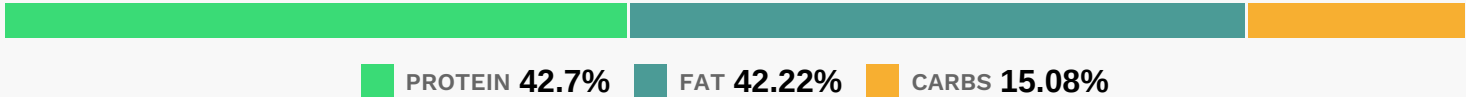
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen scissors

Directions

- ☐ Build a medium-hot fire in a charcoal grill,or heat a gas grill to high. If using shell-onshrimp, use small scissors to cut shellsalong the curved backs.
- ☐ Remove veins,keeping shells intact.
- ☐ Place shrimp andlobster in a large bowl; drizzle with 2 tablespoonsoil and season with salt.
- ☐ Mix onion and2 tablespoons lime juice in a small bowl.
- ☐ Grill shrimp until just opaque in center,2-3 minutes per side.
- ☐ Transfer to a largeplate. Grill lobster tails, flesh side down,until slightly charred, 1-2 minutes. Turn fleshside up and grill until just opaque in center,about 5 minutes longer.
- ☐ Add lobster tailsto plate with shrimp and let rest for 5-10minutes.
- ☐ Remove lobster meat from shells;discard shells.
- ☐ Cut lobster into 1" pieces.
- ☐ Drain red onion; place in a large bowl.
- ☐ Add 3 tablespoons lime juice, 2 tablespoons oil, jicama,greens, tomatillos, and 1 cup cilantro.Season with salt and more lime juice, ifdesired.
- ☐ Add seafood; toss to coat.
- ☐ Drizzle
- ☐ Ancho Chile Oil over; garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.13, Inflammation Score:-8, Nutrition Score:12.768260893614%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 162.5kcal (8.13%), Fat: 7.86g (12.09%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 4.54g (1.65%), Sugar: 3.72g (4.14%), Cholesterol: 131.47mg (43.82%), Sodium: 409.25mg (17.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.89g (35.77%), Vitamin K: 40.29µg (38.37%), Copper: 0.71mg (35.66%), Vitamin A: 1680.33IU (33.61%), Selenium: 20.56µg (29.37%), Vitamin C: 19.07mg (23.11%), Phosphorus: 199.58mg (19.96%), Zinc: 1.98mg (13.21%), Potassium: 430.74mg (12.31%), Vitamin E: 1.73mg (11.51%), Magnesium: 43.18mg (10.8%), Calcium: 84.57mg (8.46%), Vitamin B5: 0.77mg (7.74%), Manganese: 0.15mg (7.48%), Fiber: 1.78g (7.11%), Vitamin B12: 0.4µg (6.59%), Vitamin B6: 0.12mg (6.14%), Vitamin B3: 1.11mg (5.54%), Iron: 0.94mg (5.23%), Vitamin B2: 0.08mg (4.89%), Vitamin B1: 0.05mg (3.33%), Folate: 12.99µg (3.25%)