



WHATSheATE



Shrimp, Lobster, and Jicama Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



175 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)
- ☐ 2 cups jicama peeled

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



 **PROTEIN 40.22%**  **FAT 39.4%**  **CARBS 20.38%**

Properties

Glycemic Index:13.25, Glycemic Load:0.32, Inflammation Score:-8, Nutrition Score:13.890434876732%

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: 174.85kcal (8.74%), Fat: 7.89g (12.14%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 5.81g (2.11%), Sugar: 4.31g (4.79%), Cholesterol: 131.47mg (43.82%), Sodium: 410.55mg (17.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.12g (36.24%), Vitamin K: 40.38µg (38.46%), Copper: 0.73mg (36.44%), Vitamin A: 1687.15IU (33.74%), Vitamin C: 25.63mg (31.07%), Selenium: 20.79µg (29.7%), Phosphorus: 205.43mg (20.54%), Potassium: 479.49mg (13.7%), Zinc: 2.03mg (13.56%), Fiber: 3.37g (13.48%), Vitamin E: 1.88mg (12.51%), Magnesium: 47.08mg (11.77%), Calcium: 88.47mg (8.85%), Manganese: 0.17mg (8.46%), Vitamin B5: 0.82mg (8.18%), Vitamin B6: 0.14mg (6.82%), Vitamin B12: 0.4µg (6.59%), Iron: 1.14mg (6.32%), Vitamin B3: 1.17mg (5.86%), Vitamin B2: 0.09mg (5.45%), Folate: 16.89µg (4.22%), Vitamin B1: 0.06mg (3.76%)