



Tarragon Lobster Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



198 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons tarragon fresh finely chopped
- 1 juice of lemon fresh
- 6 lb pd of lobster
- 0.3 cup mayonnaise
- 0.3 cup shallots finely chopped

Equipment

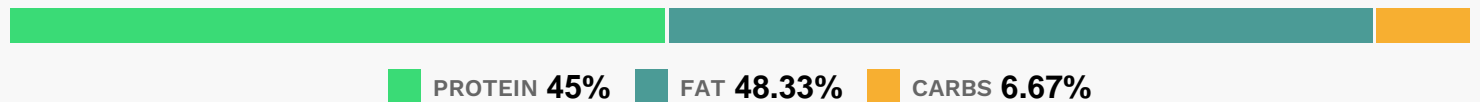
- bowl
- whisk

- pot
- tongs

Directions

- Plunge 2 live lobsters headfirst into an 8-quart pot of boiling salted water. Loosely cover pot and cook lobsters over moderately high heat 9 minutes from time they enter water, then transfer with tongs to sink to cool.
- Return water to a boil and cook remaining 2 lobsters in same manner.
- While lobsters are cooking, combine shallot, lemon juice, and 1/2 teaspoon salt in a large bowl and let stand at room temperature 30 minutes.
- When lobsters are cool, remove meat from claws, joints, and tails. Discard tomalley, any roe, and shells (or save for another use).
- Cut meat into 1/2-inch pieces.
- Whisk mayonnaise, tarragon, and 1/4teaspoon black pepper into shallot mixture.
- Add lobster meat and toss gently to coat.
- Lobsters may be cooked and shelled 1 day ahead and chilled, covered. • Lobster salad may be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:18.215217379772%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 197.5kcal (9.87%), Fat: 10.45g (16.08%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.74g (1%), Sugar: 0.97g (1.08%), Cholesterol: 166.52mg (55.51%), Sodium: 618.94mg (26.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.79%), Selenium: 81.29µg (116.13%), Copper: 1.74mg (87.05%), Zinc: 4.63mg (30.9%), Vitamin B12: 1.6µg (26.71%), Phosphorus: 220.71mg (22.07%), Vitamin K: 20.36µg

(19.39%), Vitamin B5: 1.9mg (18.97%), Magnesium: 58.85mg (14.71%), Manganese: 0.29mg (14.36%), Calcium: 138.2mg (13.82%), Vitamin B6: 0.23mg (11.28%), Vitamin B3: 2.25mg (11.27%), Potassium: 365.04mg (10.43%), Vitamin E: 1.52mg (10.16%), Iron: 1.23mg (6.85%), Folate: 24.07µg (6.02%), Vitamin C: 3.89mg (4.72%), Vitamin B2: 0.05mg (3.18%), Vitamin B1: 0.04mg (2.64%), Vitamin A: 111.86IU (2.24%), Fiber: 0.5g (2.01%)