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Chilled Lobster Salad ♦

Chilled Lobster Salad is a refreshing and delicious seafood dish that is perfect for warm weather. It is made with fresh lobster meat, crisp vegetables, and a tangy dressing. The salad is served cold, making it a great option for picnics, barbecues, and summer parties. The combination of flavors and textures in this salad is sure to impress your guests.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 10 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Lobster Meat
150 g	cucumber
200 g	Cherry Tomatoes
50 g	red onion
30 ml	lemon juice

30 ml	olive oil
2 tsp	dijon mustard
1 tsp	salt
1 tsp	black pepper
10 g	fresh dill

Directions

Step 1

Boiling

Cook the lobster meat according to package instructions. Let it cool and chop it into bite-sized pieces.

Prep Time: 10 mins

Cook Time: 20 mins

Step 2

Mixing

In a large bowl, combine the chopped lobster meat, cucumber, cherry tomatoes, and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Whisking

In a small bowl, whisk together the lemon juice, olive oil, Dijon mustard, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Pour the dressing over the lobster mixture and toss to coat evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Refrigerating

Garnish with fresh dill and refrigerate for at least 1 hour before serving.

Prep Time: 0 mins

Cook Time: 60 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Summer

Events

Thanksgiving

Barbecue

Cuisines

Italian

French

German

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Kitchen Tools

Oven

Microwave

Course

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Difficulty Level

Easy

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