



Buttery Lobster Rolls For Your Baby

READY IN



25 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 stalks celery diced finely
- 1 tablespoon chives chopped for garnish
- 1 teaspoons tarragon fresh minced
- 4 potato hot dog buns
- 2 lemons juiced for garnish
- 3 pound lobsters
- 0.3 cup mayonnaise
- 4 servings salt and freshly cracked pepper black
- 4 servings butter salted softened

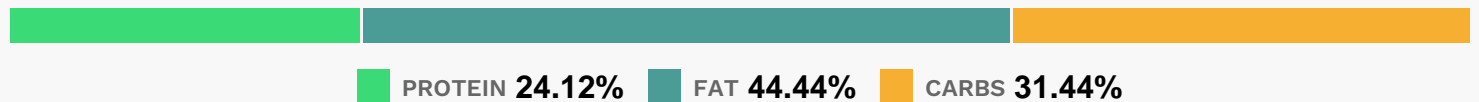
Equipment

- bowl
- frying pan

Directions

- Steam the lobster in 2 inches of boiling water until bright pink, 8 to 10 minutes. Immediately shock in an ice bath, and then remove the tail and claw meat. Chop and reserve.
- Mix the lobster meat, tarragon, celery and lemon juice together in a medium bowl. Fold in the mayonnaise and season with salt and pepper.
- Brush the outside of each roll with some butter and griddle or toast until golden brown. Fill each roll with the lobster salad and garnish with the chives.
- Serve immediately with lemon wedges on the side.

Nutrition Facts



Properties

Glycemic Index:83.63, Glycemic Load:13.91, Inflammation Score:-6, Nutrition Score:21.468260658824%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 343.13kcal (17.16%), Fat: 17.14g (26.37%), Saturated Fat: 4.78g (29.86%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 24.63g (8.96%), Sugar: 4.81g (5.34%), Cholesterol: 137.6mg (45.87%), Sodium: 945.13mg (41.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.94g (41.87%), Selenium: 72.84µg (104.06%), Copper: 1.37mg (68.28%), Vitamin C: 30.48mg (36.94%), Vitamin K: 32.67µg (31.11%), Zinc: 3.78mg (25.21%), Vitamin B12: 1.3µg (21.68%), Phosphorus: 215.86mg (21.59%), Vitamin B1: 0.28mg (18.61%), Manganese: 0.37mg (18.46%), Vitamin B3:

3.46mg (17.31%), Calcium: 172.08mg (17.21%), Folate: 65.62µg (16.41%), Vitamin B5: 1.56mg (15.64%), Magnesium: 54.79mg (13.7%), Iron: 2.28mg (12.64%), Potassium: 390.24mg (11.15%), Vitamin E: 1.66mg (11.03%), Fiber: 2.65g (10.61%), Vitamin B2: 0.17mg (10.22%), Vitamin B6: 0.2mg (9.91%), Vitamin A: 293.61IU (5.87%)