



## Cole's Greenwich Village Lobster Roll

 Gluten Free  Low Fod Map

READY IN



60 min.

SERVINGS



2

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 servings butter
- 2 servings optional: dill
- 2 servings fennel pollen
- 2 servings pd of lobster
- 2 servings old bay seasoning
- 2 servings saffron threads
- 2 servings sea salt
- 2 servings water

2 servings pepper white

## Equipment

sauce pan

pot

kitchen timer

## Directions

For preparation: Plunge the lobster into one gallon of boiling water and cover. Set timer for seven minutes and prepare an ice bath. Once the seven minutes have elapsed, pull out the lobster and plunge into the ice water.

Let the lobster cool for 20 minutes while preparing the rest of the roll ingredients. In a non-reactive saucepan, add the 1/4 cup water and sea salt.

Place over medium heat.

Cut the butter into small chunks and swirl it into the pot with the water until it melts.

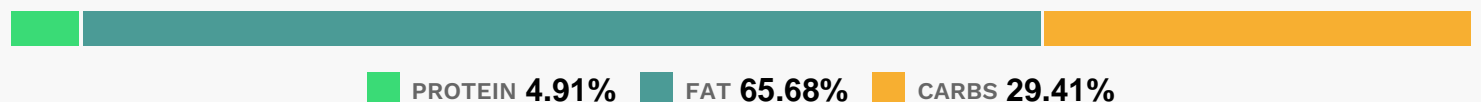
Add the spices and chopped up lobster meat. Turn off the heat and reserve for assembly. For assembly: Hollow out the lobster roll and toast for one minute. Spoon in the lobster meat into the bun, draining the butter as you go. Fill to the top of the bun. Top with chopped parsley and serve with potato chips and Cole's slaw. More lobster roll recipes on Food Republic: Lobster And Vanilla 'Club' Sandwich Recipe MC Perkins Cove Lobster

Roll Recipe

Lure Fishbar's Lobster

Roll Recipe

## Nutrition Facts



## Properties

Glycemic Index: 67.5, Glycemic Load: 0.43, Inflammation Score: -2, Nutrition Score: 3.5734782316115%

## Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## **Nutrients (% of daily need)**

Calories: 56.82kcal (2.84%), Fat: 4.32g (6.64%), Saturated Fat: 2.67g (16.66%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 3.56g (1.29%), Sugar: 0.06g (0.07%), Cholesterol: 12.02mg (4.01%), Sodium: 244.18mg (10.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.45%), Manganese: 0.51mg (25.48%), Vitamin K: 16.46µg (15.67%), Iron: 1.48mg (8.19%), Calcium: 55.79mg (5.58%), Copper: 0.09mg (4.5%), Vitamin A: 190.65IU (3.81%), Fiber: 0.79g (3.16%), Magnesium: 11.83mg (2.96%), Vitamin B6: 0.04mg (1.99%), Vitamin C: 1.55mg (1.88%), Selenium: 0.95µg (1.36%), Phosphorus: 12.34mg (1.23%), Folate: 4.29µg (1.07%), Zinc: 0.16mg (1.07%), Potassium: 36.36mg (1.04%), Vitamin E: 0.15mg (1.01%)