



## Connecticut-Style Lobster Roll

READY IN



10 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 servings sea salt to taste
- ☐ 4 hotdog buns split england-style
- ☐ 1 lb live maine lobsters cooked chopped

### Equipment

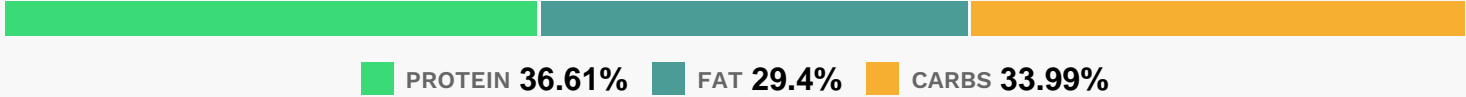
- ☐ bowl
- ☐ sauce pan
- ☐ ladle

- ☐ oven
- ☐ broiler
- ☐ toaster

## Directions

- ☐ In small saucepan, melt butter over low heat. With ladle or spoon, skim foam and white solids from butter and reserve in small bowl.
- ☐ Add chopped lobster meat to clarified butter in saucepan; toss gently.
- ☐ Heat over medium-low heat 2 to 3 minutes until warm.
- ☐ Meanwhile, brush both sides of each bun with reserved foam from butter. Toast buns in toaster oven or under broiler.
- ☐ Divide lobster evenly among buns; spoon any juices from saucepan over lobster.
- ☐ Sprinkle liberally with sea salt.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:12.73, Inflammation Score:-4, Nutrition Score:18.064782440662%

## Nutrients (% of daily need)

Calories: 256.08kcal (12.8%), Fat: 8.19g (12.6%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 20.53g (7.47%), Sugar: 3.1g (3.44%), Cholesterol: 159.07mg (53.02%), Sodium: 928.42mg (40.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.89%), Selenium: 83.75µg (119.65%), Copper: 1.58mg (78.81%), Zinc: 4.32mg (28.8%), Vitamin B12: 1.51µg (25.24%), Phosphorus: 227.18mg (22.72%), Vitamin B3: 3.58mg (17.92%), Vitamin B1: 0.25mg (16.92%), Vitamin B5: 1.65mg (16.51%), Calcium: 158.25mg (15.83%), Manganese: 0.3mg (14.95%), Magnesium: 53.01mg (13.25%), Folate: 51.5µg (12.87%), Iron: 1.76mg (9.75%), Vitamin B2: 0.14mg (8.5%), Vitamin E: 1.26mg (8.42%), Potassium: 280.37mg (8.01%), Vitamin B6: 0.14mg (7.25%), Vitamin A: 179.89IU (3.6%), Fiber: 0.76g (3.06%), Vitamin K: 2.53µg (2.41%)