



Creamed Hot Lobster Sandwich or Lobster Poutine

READY IN

ready

25 min.

SERVINGS

servings

8

CALORIES

calories

428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bread
- ☐ 0.5 cup butter
- ☐ 2 tablespoons butter or as needed
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 cups cup heavy whipping cream light divided
- ☐ 2 cups live maine lobsters cooked
- ☐ 1 teaspoon salt

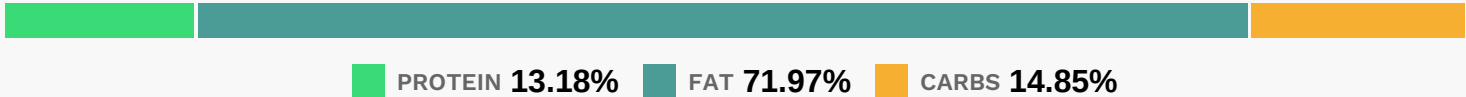
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Melt 1/2 cup butter in a large frying pan over medium-low heat; cook and stir lobster into melted butter until heated through, about 5 minutes. Season with salt and pepper.
- ☐ Whisk cornstarch and about 1 tablespoon cream together in a small bowl until smooth.
- ☐ Pour remaining cream into lobster, stir in cornstarch mixture; cook and stir until cream sauce comes to a simmer and thickens slightly, about 5 minutes.
- ☐ Toast bread and spread with about 2 tablespoons butter. For each serving, pour some creamed lobster over one buttered piece of toast, top with another piece of toast, and pour more creamed lobster over the top.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:7.16, Inflammation Score:-6, Nutrition Score:13.576521821644%

Nutrients (% of daily need)

Calories: 427.52kcal (21.38%), Fat: 34.53g (53.12%), Saturated Fat: 20.95g (130.93%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 14.89g (5.41%), Sugar: 1.68g (1.87%), Cholesterol: 179.47mg (59.82%), Sodium: 807.46mg (35.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.45%), Selenium: 46.19µg (65.98%), Copper: 0.85mg (42.25%), Vitamin A: 1050.55IU (21.01%), Manganese: 0.38mg (18.84%), Phosphorus: 172.27mg (17.23%), Zinc: 2.55mg (16.98%), Vitamin B12: 0.89µg (14.82%), Calcium: 130.63mg (13.06%), Vitamin B3: 2.54mg (12.7%), Vitamin B5: 1.26mg (12.62%), Vitamin E: 1.5mg (10.03%), Magnesium: 38.64mg (9.66%), Vitamin B1: 0.14mg (9.48%), Vitamin B2: 0.16mg (9.39%), Folate: 32.65µg (8.16%), Iron: 1.2mg (6.65%), Potassium: 220.9mg (6.31%), Vitamin B6: 0.11mg (5.5%), Fiber: 1.14g (4.58%), Vitamin K: 4.33µg (4.12%), Vitamin D: 0.36µg (2.39%)