



Creamy Lobster Rounds

READY IN



30 min.

SERVINGS



42

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 42 bread rounds toasted
- 6 tablespoons butter
- 8 ounce cream cheese
- 0.5 cup cooking wine dry white
- 42 servings chives fresh chopped for garnish
- 4 cloves garlic minced
- 0.3 cup green onion minced
- 42 servings salt and ground pepper fresh
- 1 tablespoon juice of lemon fresh

- 20 ounce lobster tail pieces fresh coarsely chopped
- 0.3 cup bell pepper red minced

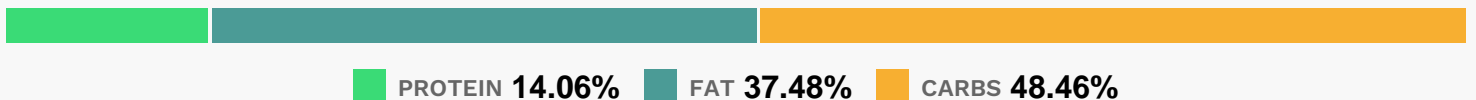
Equipment

- frying pan

Directions

- In a large skillet, melt the butter over medium heat.
- Add the green onions, peppers, and garlic. Cook, stirring frequently, about 5 minutes. Stir in the wine and lemon juice, and cook 5 minutes.
- Add the lobster and cook until pink and firm, 3 to 5 minutes.
- Add the cream cheese, stirring until combined.
- Add salt and pepper to taste.
- Remove from the heat. Spoon the lobster mixture evenly over the toast rounds.
- Garnish with chopped fresh chives if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.9, Glycemic Load:7.29, Inflammation Score:-3, Nutrition Score:4.9786956828573%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 116.44kcal (5.82%), Fat: 4.79g (7.37%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 12.75g (4.64%), Sugar: 1.92g (2.13%), Cholesterol: 14.55mg (4.85%), Sodium: 372.39mg (16.19%), Alcohol: 0.29g (100%), Alcohol %: 0.82% (100%), Protein: 4.04g (8.09%), Manganese: 0.35mg (17.54%), Selenium: 11.01µg (15.73%), Vitamin B3: 1.65mg (8.27%), Vitamin B1: 0.12mg (7.97%), Folate: 26.67µg (6.67%), Iron: 1.07mg (5.93%), Vitamin B2: 0.09mg (5.14%), Phosphorus: 50.47mg (5.05%), Copper: 0.1mg (4.84%), Vitamin K: 5.05µg (4.81%), Fiber: 1.19g (4.74%), Calcium: 46.22mg (4.62%), Vitamin A: 200.49IU (4.01%), Magnesium: 14.47mg (3.62%), Vitamin B5: 0.33mg (3.27%), Zinc: 0.47mg (3.14%), Vitamin C: 2.11mg (2.56%), Vitamin B6: 0.05mg (2.38%), Potassium: 64.7mg (1.85%), Vitamin E: 0.2mg (1.33%), Vitamin B12: 0.06µg (1.04%)