



Curried Lobster Rolls

 Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 6 servings canola oil for brushing
- ☐ 1 large stalk celery diced finely
- ☐ 1.5 tablespoons mild curry
- ☐ 3 tablespoons optional: dill fresh finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 green onions thinly sliced (green and pale green part)
- ☐ 6 hot dog buns toasted

- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 lime zest fresh juiced
- ☐ 4 pound lobsters salted whole split boiling cooked (12 minutes in water)
- ☐ 1.5 cup mayonnaise prepared
- ☐ 0.5 small onion diced spanish finely

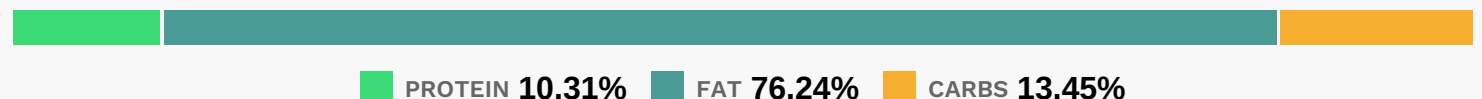
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat the oil in a small saute pan over medium heat.
- ☐ Add the onion and cook until soft, about 5 minutes.
- ☐ Add the garlic and cook for 30 seconds, then add the curry powder and cook for 1 minute, stirring constantly.
- ☐ Add 1 cup water and cook until it reduces and the spices cook out, about 5 minutes.
- ☐ Transfer to a medium bowl and let cool slightly.
- ☐ Add the mayonnaise, lime zest and lime juice to the cooled onions. Cover and refrigerate for at least 1 hour and up to 24 hours to allow the flavors to meld.
- ☐ Heat a charcoal or gas grill to medium-high for direct and indirect grilling.
- ☐ Brush the cut side of the lobsters with oil and sprinkle with salt and pepper. Grill, cut-side down, until lightly golden brown. Flip and continue grilling until the lobsters are just cooked through, about 5 minutes.
- ☐ Remove the meat from the tails and claws and chop. Fold the lobster, green onions, celery and dill into the cooled curried mayonnaise. Mound in the toasted hot dog buns and serve immediately.

Nutrition Facts



Properties

Glycemic Index:52.83, Glycemic Load:13.47, Inflammation Score:-5, Nutrition Score:23.294347721597%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 744kcal (37.2%), Fat: 63.12g (97.11%), Saturated Fat: 8.48g (53.02%), Carbohydrates: 25.06g (8.35%), Net Carbohydrates: 23.07g (8.39%), Sugar: 4.13g (4.59%), Cholesterol: 131.05mg (43.68%), Sodium: 934.34mg (40.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.21g (38.41%), Vitamin K: 119.79µg (114.09%), Selenium: 67.17µg (95.96%), Copper: 1.23mg (61.55%), Vitamin E: 6.36mg (42.42%), Zinc: 3.5mg (23.36%), Phosphorus: 205.04mg (20.5%), Vitamin B12: 1.21µg (20.18%), Manganese: 0.4mg (20.01%), Vitamin B1: 0.27mg (17.92%), Vitamin B3: 3.27mg (16.34%), Calcium: 157.91mg (15.79%), Folate: 62.26µg (15.57%), Vitamin B5: 1.39mg (13.89%), Iron: 2.43mg (13.5%), Magnesium: 49.95mg (12.49%), Vitamin B2: 0.17mg (9.84%), Potassium: 319.03mg (9.12%), Vitamin B6: 0.17mg (8.28%), Fiber: 1.99g (7.96%), Vitamin C: 5.81mg (7.05%), Vitamin A: 164.5IU (3.29%)