



## Dennie's Fresh Lobster Salad

 **Gluten Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup butter melted
- 0.1 teaspoon pepper black
- 1 pound live maine lobsters cooked cut into bite-sized pieces
- 0.3 cup mayonnaise

### Equipment

- bowl

## Directions

- Place the lobster chunks into a medium bowl, and pour the melted butter over. Toss to coat, then stir in mayonnaise and season with black pepper. Cover and chill for 20 minutes before serving.

## Nutrition Facts

**PROTEIN 26.95%** **FAT 72.87%** **CARBS 0.18%**

## Properties

Glycemic Index:33, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:15.657826242078%

## Nutrients (% of daily need)

Calories: 284.4kcal (14.22%), Fat: 22.83g (35.12%), Saturated Fat: 9.14g (57.1%), Carbohydrates: 0.13g (0.04%), Net Carbohydrates: 0.11g (0.04%), Sugar: 0.09g (0.1%), Cholesterol: 180.4mg (60.13%), Sodium: 659.81mg (28.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.99%), Selenium: 72.59µg (103.7%), Copper: 1.53mg (76.66%), Zinc: 4.04mg (26.92%), Vitamin B12: 1.46µg (24.31%), Vitamin K: 23.92µg (22.78%), Phosphorus: 189.01mg (18.9%), Vitamin B5: 1.68mg (16.84%), Vitamin E: 1.78mg (11.84%), Magnesium: 43.62mg (10.91%), Calcium: 100.06mg (10.01%), Vitamin B3: 1.81mg (9.05%), Vitamin A: 368.52IU (7.37%), Potassium: 233.83mg (6.68%), Vitamin B6: 0.12mg (5.98%), Manganese: 0.07mg (3.62%), Folate: 12.48µg (3.12%), Iron: 0.33mg (1.85%), Vitamin B1: 0.02mg (1.66%), Vitamin B2: 0.02mg (1.38%)