



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 ground pepper black
- ☐ 1 pound live maine lobsters cooked cut into bite-sized pieces
- ☐ 0.3 cup mayonnaise

Equipment

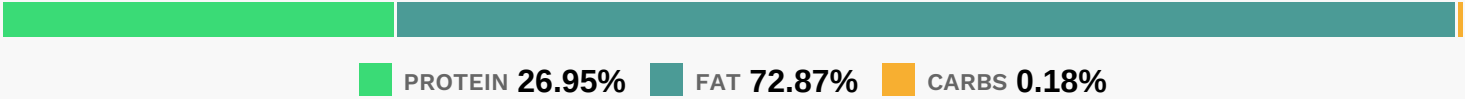
- ☐ bowl

Directions

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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



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%)