



Focaccia Lobster Rolls

READY IN



10 min.

SERVINGS



4

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 4 pieces focaccia bread (4 by 5 inches each)
- 0.3 cup cup heavy whipping cream
- 0.3 cup chives fresh roughly chopped
- 0.3 cup tarragon leaves fresh
- 1 clove garlic minced
- 0.3 cup juice of lemon
- 1 lemon zest
- 1 pound lobster tail pieces cooked cut into large cubes (or prawns)

- 0.5 cup mascarpone cheese
- 0.5 cup olive oil extra-virgin
- 1 teaspoon salt

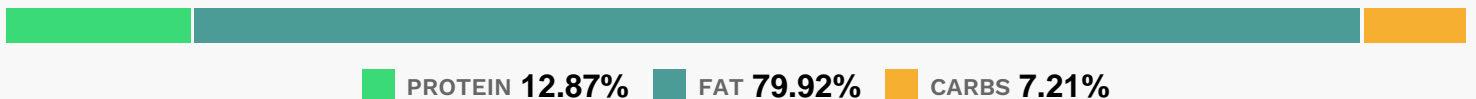
Equipment

- bowl
- blender

Directions

- Watch how to make this recipe.
- Place the tarragon, chives, lemon zest, lemon juice, garlic, salt, and pepper in a blender and blend until the herbs are minced and the ingredients are combined. With the machine running, add the olive oil.
- Add the mascarpone cheese and cream and blend until mixed.
- Transfer the lobster to a medium bowl.
- Add the herb sauce and stir to coat. Divide the lobster mixture among the sandwiches and serve immediately.

Nutrition Facts



Properties

Glycemic Index:58.92, Glycemic Load:1.33, Inflammation Score:-6, Nutrition Score:9.0056522462679%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 268.02kcal (13.4%), Fat: 24.01g (36.94%), Saturated Fat: 12.18g (76.13%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 4.25g (1.54%), Sugar: 0.99g (1.1%), Cholesterol: 85.26mg (28.42%), Sodium: 742.47mg (32.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.4%), Selenium: 21.24µg (30.34%), Copper: 0.47mg (23.34%), Vitamin A: 859.5IU (17.19%), Manganese: 0.34mg (17.04%), Vitamin C: 11.21mg (13.59%), Calcium: 121.52mg (12.15%), Vitamin K: 9.52µg (9.07%), Zinc: 1.33mg (8.87%), Vitamin E: 1.23mg (8.18%), Phosphorus: 75.41mg (7.54%), Iron: 1.3mg (7.22%), Vitamin B12: 0.42µg (7.01%), Vitamin B6: 0.14mg (6.96%), Magnesium: 27.4mg (6.85%), Potassium: 207.32mg (5.92%), Vitamin B5: 0.55mg (5.47%), Vitamin B2: 0.09mg (5.01%), Folate: 19.29µg (4.82%), Vitamin B3: 0.9mg (4.5%), Fiber: 0.62g (2.49%), Vitamin B1: 0.03mg (1.98%), Vitamin D: 0.24µg (1.59%)