



Lemon-Tarragon Lobster Roll

 Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 1 tablespoon tarragon fresh chopped
- 5 hot dog buns
- 3 tablespoons juice of lemon as needed freshly squeezed (use more)
- 1 tablespoon lemon zest
- 1 pound live maine lobsters cooked
- 1.3 cups mayonnaise
- 12 romaine lettuce leaves cut into ribbons

Equipment

bowl

Directions

In a medium bowl, toss the lobster with mayonnaise, lemon zest and juice, fresh tarragon, and black pepper. Taste, and adjust the seasoning, if necessary.

Divide the lobster mixture and lettuce evenly among the hot dog buns; serve immediately.

Note: Most of the sodium in this meal is from naturally occurring sodium in the lobster.

Nutrition Facts



PROTEIN 14.25% **FAT 68.38%** **CARBS 17.37%**

Properties

Glycemic Index:42.8, Glycemic Load:13.33, Inflammation Score:-10, Nutrition Score:29.591304074163%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 587.83kcal (29.39%), Fat: 44.56g (68.56%), Saturated Fat: 7.13g (44.58%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 22.98g (8.36%), Sugar: 4.49g (4.99%), Cholesterol: 138.73mg (46.24%), Sodium: 955.74mg (41.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.89g (41.78%), Vitamin K: 162.53µg (154.79%), Vitamin A: 5954.61IU (119.09%), Selenium: 70.9µg (101.29%), Copper: 1.33mg (66.38%), Folate: 149.04µg (37.26%), Manganese: 0.53mg (26.6%), Zinc: 3.82mg (25.44%), Phosphorus: 226.46mg (22.65%), Vitamin B12: 1.29µg (21.44%), Vitamin B1: 0.31mg (20.63%), Vitamin E: 2.85mg (18.98%), Calcium: 183.04mg (18.3%), Vitamin B3: 3.57mg (17.85%), Iron: 2.95mg (16.4%), Vitamin B5: 1.52mg (15.25%), Magnesium: 60.14mg (15.03%), Potassium: 466.6mg (13.33%), Vitamin B2: 0.22mg (12.71%), Vitamin C: 8.97mg (10.87%), Vitamin B6: 0.22mg (10.79%), Fiber: 2.48g (9.94%)