



Loaded Lobster Roll

READY IN



22 min.

SERVINGS



4

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado diced pitted halved
- 4 brioche rolls split
- 2 tablespoons chives chopped
- 8 slices bacon thick cut crumbled crisp cooked
- 2 tablespoons crème fraîche
- 1 juice of lemon juiced
- 2 pound lobsters
- 2 tablespoons mayonnaise
- 2 tablespoons parsley leaves chopped

- 4 servings salt and freshly cracked pepper black
- 3 tablespoons shallots diced

Equipment

- bowl
- oven
- knife
- pot

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Bring a large stock pot with approximately 2 gallons of salted water to a boil over high heat.
- Add the lobsters and boil for about 8 minutes.
- Drain from water and shock in an ice bath. Once cooled, remove the knuckles, claws and tail from the body of the lobster by a slight twist and pull. Split the tail with a knife, remove the meat from the shell and set aside. Pull off the claw pincher. Crack the claws with a nutcracker and remove the meat. Set aside. Using kitchen shears cut through the knuckle portion and remove the meat. Give all of the lobster meat a good rinse and roughly dice. Put into a large bowl and set aside.
- In the large bowl, add the mayonnaise, creme fraiche, shallots, lemon juice, chives, parsley, avocado, bacon, salt and pepper, to taste, and combine well. Cover and refrigerate before assembling the sandwich.
- Toast the brioche rolls in the oven until slightly colored, about 4 minutes. Assemble the sandwich by putting a liberal amount of lobster salad on each roll and serve.

Nutrition Facts

 PROTEIN 16.82%  FAT 76.88%  CARBS 6.3%

Properties

Glycemic Index:49.25, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:20.103478400604%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 501.53kcal (25.08%), Fat: 43.12g (66.34%), Saturated Fat: 12.32g (77.01%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 4.22g (1.53%), Sugar: 1.4g (1.56%), Cholesterol: 136.36mg (45.45%), Sodium: 995.59mg (43.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.46%), Selenium: 55.56µg (79.37%), Vitamin K: 58.11µg (55.34%), Copper: 1mg (49.9%), Phosphorus: 245.21mg (24.52%), Vitamin B3: 4.84mg (24.22%), Zinc: 3.51mg (23.38%), Vitamin B6: 0.42mg (21.15%), Vitamin B5: 2.09mg (20.94%), Vitamin B12: 1.17µg (19.58%), Vitamin B1: 0.26mg (17.08%), Potassium: 570.51mg (16.3%), Fiber: 3.73g (14.93%), Vitamin C: 12.11mg (14.68%), Vitamin E: 2.19mg (14.58%), Folate: 56.43µg (14.11%), Magnesium: 51.67mg (12.92%), Vitamin B2: 0.15mg (8.84%), Calcium: 77.65mg (7.76%), Vitamin A: 387.57IU (7.75%), Manganese: 0.15mg (7.4%), Iron: 1.01mg (5.62%), Vitamin D: 0.3µg (2.01%)