

Lobster And Vanilla 'Club' Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 servings garlic aioli (garlic mayonnaise)
- 6 servings bread
- 6 servings heirloom tomatoes
- 6 servings live maine lobsters
- 6 servings vanilla pod for seeds
- 1 leaves watercress split


Equipment

- frying pan

Directions

- Cut 12 slices of brioche and toast both sides on buttered griddle. Rough-chop lobster meat and slice 12 slices of tomato.
- Mix the vanilla bean seeds with the aioli and set aside. For assembly: Squeeze a small amount of vanilla bean aioli on bottom toast
- Place 1/6 of the pea shoots on bread with aioli and 5 ounces of lobster meat on top of pea shoots. Squirt 1/4 teaspoon of vanilla aioli onto each slice of tomato, then top lobster with 2 slices of tomato. Top with remaining bread slices and enjoy! More lobster roll recipes on Food Republic: MC Perkins Cove Lobster
- Roll Recipe
- Sam Talbot's Butter-Poached Lobster
- Roll Recipe
- Lure Fishbar's Lobster
- Roll Recipe

Nutrition Facts

 **PROTEIN 14.2%**  **FAT 22.77%**  **CARBS 63.03%**

Properties

Glycemic Index: 21.44, Glycemic Load: 8.99, Inflammation Score: -8, Nutrition Score: 10.767391327283%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 130.93kcal (6.55%), Fat: 3.39g (5.21%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 17.81g (6.48%), Sugar: 6.34g (7.04%), Cholesterol: 2.6mg (0.87%), Sodium: 183.07mg (7.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.5%), Vitamin A: 1505.32IU (30.11%), Vitamin C: 24.79mg (30.05%), Manganese: 0.54mg (27%), Vitamin K: 16.01µg (15.25%), Potassium: 468.63mg (13.39%), Vitamin B3: 2.65mg (13.25%), Fiber: 3.28g (13.12%), Folate: 50.92µg (12.73%), Selenium: 8.7µg (12.43%), Vitamin B1: 0.18mg (12.14%), Vitamin B6: 0.18mg (8.82%), Iron: 1.5mg (8.32%), Phosphorus: 81.03mg (8.1%), Copper: 0.16mg (8.06%), Magnesium: 31.69mg (7.92%), Vitamin E: 1.04mg (6.9%), Vitamin B2: 0.11mg (6.18%), Calcium: 54.04mg (5.4%), Zinc:

0.63mg (4.22%), Vitamin B5: 0.4mg (4.05%)