



Lobster Cakes with Mustard Jalapeno Sauce

 Dairy Free

READY IN



11 min.

SERVINGS



2

CALORIES



1419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons bread crumbs
- 1 Dash cayenne pepper
- 2 servings cornmeal for coating
- 1 Dash cumin
- 1 eggs
- 1 jalapeno minced seeded
- 1 tablespoon juice of lemon fresh
- 1 pound live maine lobsters fresh cooked chopped

- 0.3 cup mayonnaise
- 1 cup mayonnaise
- 2 servings olive oil
- 1 teaspoon parsley leaves chopped
- 0.3 cup onion red minced
- 2 servings salt and pepper
- 4 scallions sliced
- 0.5 cup whole-grain mustard

Equipment

- oven
- mixing bowl

Directions

- Preheat oven to 425 degrees F. In mixing bowl, blend together all ingredients except cornmeal. Scoop out 8 cakes, shape into patties (not too thin), and coat with cornmeal.
- Saute lobster cakes in olive oil until brown on 1 side. Flip over and finish cooking in oven for 5 to 7 minutes.
- Serve with Mustard Jalapeno Sauce.
- Blend all ingredients together in a mixing bowl.

Nutrition Facts

■ PROTEIN **13.37%** ■ FAT **79.97%** ■ CARBS **6.66%**

Properties

Glycemic Index:180.25, Glycemic Load:5.82, Inflammation Score:-8, Nutrition Score:38.750000331713%

Flavonoids

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: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.12mg,

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 1419.14kcal (70.96%), Fat: 125.97g (193.79%), Saturated Fat: 19.83g (123.92%), Carbohydrates: 23.6g (7.87%), Net Carbohydrates: 18.28g (6.65%), Sugar: 4.44g (4.93%), Cholesterol: 428.67mg (142.89%), Sodium: 2837.82mg (123.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.39g (94.79%), Vitamin K: 290.25µg (276.43%), Selenium: 178.81µg (255.45%), Copper: 3.23mg (161.73%), Zinc: 9.52mg (63.47%), Vitamin E: 9.5mg (63.37%), Phosphorus: 564.1mg (56.41%), Vitamin B12: 3.23µg (53.9%), Vitamin B5: 4.24mg (42.4%), Magnesium: 145.34mg (36.33%), Manganese: 0.65mg (32.43%), Calcium: 300.37mg (30.04%), Vitamin B3: 5.16mg (25.79%), Vitamin B6: 0.47mg (23.67%), Vitamin B1: 0.34mg (22.86%), Potassium: 788.06mg (22.52%), Iron: 3.88mg (21.56%), Vitamin C: 17.59mg (21.32%), Fiber: 5.32g (21.27%), Folate: 81.21µg (20.3%), Vitamin B2: 0.28mg (16.61%), Vitamin A: 610.03IU (12.2%), Vitamin D: 0.72µg (4.8%)